

ABSTRAK

Edi Agus Sugianto Hutasoit (NIM: 6213121097), “Pengaruh Latihan *Fartlek* dan *Cross Country* terhadap Peningkatan *VO₂Max* pada Atlet Lari Jarak Menengah 1.500 Meter Atletik Taput Club (ATC) Tahun 2025”.

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Skripsi: Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini dilatarbelakangi oleh rendahnya kapasitas aerobik *VO₂max* atlet lari jarak menengah 1.500 meter di Atletik Taput Club (ATC) yang berdampak pada penurunan performa saat fase kritis pertandingan. Kurangnya variasi metode latihan daya tahan yang progresif diduga menjadi penyebab tidak optimalnya ketahanan kardiovaskular atlet. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Fartlek* dan latihan *Cross Country* terhadap peningkatan *VO₂max* pada atlet lari jarak menengah 1.500 meter di Atletik Taput Club (ATC) Tahun 2025. Penelitian dilaksanakan di Kabupaten Tapanuli Utara pada bulan Oktober sampai November 2025. Metode penelitian yang digunakan adalah eksperimen dengan desain *one group pretest-posttest design*. Sampel penelitian berjumlah 8 atlet yang dipilih secara *purposive sampling*. Teknik pengumpulan data dilakukan melalui tes dan pengukuran *VO₂max* menggunakan *Bleep Test* sebelum dan sesudah perlakuan. Analisis data dilakukan dengan uji statistik *t-test* menggunakan program SPSS 22. Hasil penelitian menunjukkan adanya peningkatan signifikan pada nilai rata-rata *VO₂max* atlet, di mana nilai rata-rata *pre-test* sebesar 35,61 ml/kg/menit meningkat menjadi 46,28 ml/kg/menit pada *post-test*. Berdasarkan hasil uji statistik, diperoleh nilai signifikansi (2-tailed) sebesar 0,000 ($< 0,05$), sehingga dapat disimpulkan bahwa H_a diterima dan H_o ditolak. Artinya, terdapat pengaruh yang signifikan dari kombinasi latihan *Fartlek* dan *Cross Country* terhadap peningkatan *VO₂max* pada atlet lari jarak menengah 1.500 meter di Atletik Taput Club (ATC) Tahun 2025.

Kata Kunci: latihan *Fartlek*, latihan *Cross Country*, *VO₂Max*, lari jarak menengah.

ABSTRACT

Edi Agus Sugianto Hutasoit (Student ID: 6213121097), “*The Effect of Fartlek and Cross Country Training on Increasing VO₂Max in 1,500-Meter Middle-Distance Runners of Atletik Taput Club (ATC) in 2025*”.

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This research is motivated by the low aerobic capacity of VO₂max in 1,500-meter middle-distance runners at the Taput Athletics Club (ATC) which has an impact on decreased performance during the critical phase of the match. The lack of variation in progressive endurance training methods is suspected to be the cause of the suboptimal cardiovascular endurance of athletes. This study aims to determine the effect of Fartlek training and Cross Country training on increasing VO₂max in 1,500-meter middle-distance runners at the Taput Athletics Club (ATC) in 2025. The study was conducted in North Tapanuli Regency from October to November 2025. The research method used was an experiment with a one-group pretest-posttest design. The research sample consisted of 8 athletes selected by purposive sampling. The data collection technique was carried out through tests and measurements of VO₂max using the Bleep Test before and after treatment. Data analysis was performed using a t-test using the SPSS 22 program. The results showed a significant increase in the average VO₂max value of athletes, where the average pre-test value of 35.61 ml/kg/minute increased to 46.28 ml/kg/minute in the post-test. Based on the results of the statistical test, a significance value (2-tailed) of 0.000 (<0.05) was obtained, so it can be concluded that H_a is accepted and H₀ is rejected. This means that there is a significant effect of the combination of Fartlek and Cross Country training on increasing VO₂max in 1,500-meter middle-distance runners at the Taput Athletics Club (ATC) in 2025.

Keywords: *Fartlek training, Cross-Country training, VO₂Max, middle-distance running.*