

ABSTRAK

Riko Marusaha Siagian (NIM: 6223321016) Perbedaan Pengaruh Latihan *Interval Intensif* Dan *Interval Ekstensif* Terhadap Kecepatan Renang 50 Meter Gaya Bebas Atlet Putra Ku III Usia 12 Tahun Club *Sailfish Swimming* Medan Tahun 2025 (Pembimbing: Albadi Sinulingga)
Skripsi: Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2026

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan terhadap kecepatan renang 50 meter gaya bebas pada atlet putra Ku III Usia 12 Tahun Club *Sailfish Swimming* Medan Tahun 2025. Metode penelitian yang digunakan dalam penelitian ini adalah metode *experiment* dengan memberikan perlakuan terhadap sampel berupa program latihan. Populasi adalah seluruh atlet renang *Sailfish Swimming* Club Medan Tahun 2025 yang berjumlah 10 orang. Jumlah sampel 10 orang diperoleh dengan teknik *purposif random sampling*, yang mana memilih sampel diberikan syarat. Setelah dilakukan *pre test* maka sampel dibagi menjadi dua kelompok dengan metode ordinal pairing. Satu kelompok akan melakukan latihan *interval intensif* sedangkan kelompok lain melakukan latihan *interval ekstensif*. Instrumen penelitian untuk pengumpulan data dengan tes dan pengukuran yaitu kecepatan renang 50 meter gaya bebas. Penelitian dilaksanakan selama enam minggu dengan latihan tiga kali dalam seminggu. Perhitungan statistic menggunakan uji- t berpasangan dan juga uji t-tidak berpasangan. Hasil analisis hipotesis I, diperoleh $t_{hitung} = 14,87$ dan $t_{tabel} 2,132$. ($t_{hitung} > t_{tabel}$), sehingga H_0 ditolak dan H_a diterima. Maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *interval intensif* terhadap kecepatan renang 50 meter gaya bebas pada atlet putra *Sailfish Swimming* Club Medan Tahun 2025. Hasil analisis hipotesis II, diperoleh $t_{hitung} = 3,52$ dan $t_{tabel} 2,132$. ($t_{hitung} > t_{tabel}$), sehingga H_0 ditolak dan H_a diterima. Maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *interval ekstensif* terhadap kecepatan renang 50 meter gaya bebas pada atlet putra *Sailfish Swimming* Club Medan Tahun 2025. Hasil analisis hipotesis III, diperoleh $t_{hitung} = 0,227$ dan $t_{tabel} 1,86$. ($t_{hitung} < t_{tabel}$), sehingga H_0 diterima dan H_a ditolak. Maka dapat disimpulkan bahwa tidak terdapat perbedaan yang signifikan dari latihan *interval intensif* dengan latihan *interval ekstensif* terhadap kecepatan renang 50 meter gaya bebas pada atlet putra Ku III Usia 12 Tahun Club *Sailfish Swimming* Medan Tahun 2025.

Kata Kunci : Renang Gaya Bebas, Interval Intesif, Interval Ekstensif, *Sailfish Swimming* Club

ABSTRACT

Riko Marusaha Siagian (Student ID: 6223321016) *The Difference in the Effects of Intensive and Extensive Interval Training on the 50-meter Freestyle Swimming Speed of 12-Year-Old Male Athletes of the Sailfish Swimming Club, Medan, 2025* (Supervisor: Albadi Sinulingga)

Thesis: Sports Coaching Education, Faculty of Sport Science, Medan State University, 2026

This study aims to determine the differences in the effects of training on the 50-meter freestyle swimming speed of 12-year-old male athletes of the Sailfish Swimming Club, Medan, 2025. The research method used in this study was an experimental method, providing a training program to the sample. The population was all 10 athletes of the Sailfish Swimming Club, Medan, 2025. The 10-person sample was obtained using a purposive random sampling technique, with conditions for selecting the sample. After the pre-test, the sample was divided into two groups using the ordinal pairing method. One group will do intensive interval training while the other group will do extensive interval training. The research instrument for collecting data with tests and measurements is the speed of 50 meters freestyle swimming. The study was conducted for six weeks with training three times a week. Statistical calculations used paired t-tests and also unpaired t-tests. The results of the analysis of hypothesis I obtained $t_{\text{count}} = 14.87$ and $t_{\text{table}} 2.132$. ($t_{\text{count}} > t_{\text{table}}$), so H_0 is rejected and H_a is accepted. So it can be concluded that there is a significant effect of intense interval training on the speed of 50 meters freestyle swimming in male athletes of Sailfish Swimming Club Medan in 2025. The results of the analysis of hypothesis II obtained $t_{\text{count}} = 3.52$ and $t_{\text{table}} 2.132$. ($t_{\text{count}} > t_{\text{table}}$), so H_0 is rejected and H_a is accepted. So it can be concluded that there is a significant effect of long interval training on the speed of 50 meters freestyle swimming in male athletes of Sailfish Swimming Club Medan in 2025. The results of the analysis of hypothesis III obtained $t_{\text{count}} = 0.227$ and $t_{\text{table}} 1.86$. ($t_{\text{count}} < t_{\text{table}}$), so H_0 is accepted and H_a is rejected. Therefore, it can be concluded that there is no significant difference between intense interval training and extensive interval training on 50-meter freestyle swimming speed in male athletes of Grade III, age 12, from the Medan Sailfish Swimming Club in 2025.

Keywords: Freestyle Swimming, Intensive Interval, Extensive Interval, Sailfish Swimming Club