

ABSTRAK

**Tioviolina Siburian (NIM 6183510020). "The Effect of Interval Running Training and Fartlek Running Training on Increasing VO2 max".
(Advisor : Deni Rahman Marpaung)
Thesis: Faculty of Sport Sciences UNIMED 2022.**

The purpose of this study was to determine the effect of interval running and fartlek training on increasing *VO2 max* in Unimed Athletic Club middle-distance runners. This research was conducted at the Medan State University Sports Stadion Jln. Williem Iskandar Pasar V Medan Estate.

The time of the study was carried out from August to September 2022. The exercise was carried out 18 times in a frequency of 3 times a week. The number of samples in this study were 8 people. This study uses a type of experimental method of one group pre-test and post-test design.

Based on the results of the research data analysis, a significant increase was obtained for the sample studied. Where the sequence of activities is carried out (1) pre-test to determine initial *VO2 max*, (2) given interval training and fartlek training for 18 meetings (6 weeks), and (3) post-test to determine final *VO2 max*. The conclusion in this study is that there is a significant effect on interval running training and fartlek running training with the pre-test and post-test results of 48.83% and 52.12%, respectively.

Keywords: *Interval Exercise, Fartlek Exercise, VO2 max.*



ABSTRAK

Tioviolina Siburian (NIM 6183510020). “Pengaruh Latihan Lari Interval dan Latihan Lari *Fartlek* Terhadap Peningkatan $VO_2 max$ ”.
(Pembimbing : Deni Rahman Marpaung)
Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2022.

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan lari interval dan latihan lari *fartlek* terhadap peningkatan $VO_2 max$ pada atlet lari jarak menengah *Unimed Athletic Club*. Penelitian ini dilaksanakan di Stadion Olahraga Universitas Negeri Medan Jln. Williem Iskandar Pasar V Medan Estate.

Waktu penelitian dilaksanakan mulai pada bulan Agustus – September 2022. Latihan dilakukan sebanyak 18 kali pertemuan dalam frekuensi 3 kali seminggu. Jumlah sampel dalam penelitian ini sebanyak 8 orang. Penelitian ini menggunakan jenis metode eksperimen desain *one group pre-test* dan *post-test*.

Berdasarkan hasil analisis data penelitian diperoleh peningkatan yang signifikan terhadap sampel yang diteliti. Dimana urutan kegiatan dilakukan (1) *pre-test* untuk mengetahui $VO_2 max$ awal, (2) diberikan latihan interval dan latihan *fartlek* selama 18 kali pertemuan (6 minggu), dan (3) *post-test* untuk mengetahui $VO_2 max$ akhir. Kesimpulan dalam penelitian ini terdapat pengaruh yang signifikan terhadap latihan lari interval dan latihan lari *fartlek* dengan hasil *pre-test* dan *post-test* sebesar 48,83% dan 52,12%.

Kata kunci: *Latihan Interval, Latihan *Fartlek*, $VO_2 max$.*

