

ABSTRAK

Ali Akbar Rapsan Jani Harahap (Nim.6211111027). Pengaruh Latihan *Continuous Running* Dan *Interval Running* Terhadap Peningkatan VO² Max Peserta Ekstrakurikuler Karate SMK N 2 Medan, (Pembimbing: Dr. Afri Tantri, S.Pd.,M.Pd) Skripsi : Fakultas Ilmu Keolahragaan Unimed 2025

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *continuous running* dan *interval running* terhadap peningkatan VO² Max peserta ekstrakurikuler karate SMK N 2 Medan. Secara khusus, penelitian ini ingin menganalisis: (1) pengaruh latihan *continuous running* terhadap peningkatan VO₂ Max, (2) pengaruh latihan *interval running* terhadap peningkatan VO² Max, serta (3) perbandingan efektivitas antara kedua metode latihan tersebut dalam meningkatkan VO₂ Max peserta. Penelitian ini menggunakan metode kuantitatif dengan pendekatan eksperimen. Subjek penelitian adalah peserta ekstrakurikuler karate SMK Negeri 2 Medan yang dibagi menjadi dua kelompok perlakuan, yaitu kelompok *continuous running* dan kelompok *interval running*. Pengukuran VO² Max dilakukan sebelum dan sesudah program latihan menggunakan tes Multistage Fitness Test (Bleep Test). Berdasarkan hasil analisis menunjukkan peningkatan yang signifikan pada hasil peningkatan VO² Max dengan Bleep Test. Nilai rata-rata pretest sebesar 372,45 (37,24%) meningkat menjadi 406,55 (40,65%) pada posttest, atau terjadi peningkatan sebesar 9,1%. Uji t berpasangan menunjukkan nilai thitung = 10,319 > ttabel = 2,0,093 dengan signifikan 0,000 yang berarti hipotesis alternatif diterima. Artinya, latihan *Continuous Running* dan *Interval Running* berpengaruh secara signifikan terhadap peningkatan VO² Max.

Kata Kunci : *Continuous Running*, *Interval Running*, VO² Max, Karate

ABTRACK

Ali Akbar Rapsan Jani Harahap (Student ID No. 6211111027). The Effect of Continuous Running and Interval Running Training on the Improvement of VO₂ Max in Karate Extracurricular Participants at SMK N 2 Medan, (Supervisor: Dr. Afri Tantri, S.Pd.,M.Pd) Thesis: Faculty of Sports Science, Unimed 2025

This study aims to determine the effect of continuous running and interval running exercises on increasing the VO₂ Max of karate extracurricular participants at SMK N 2 Medan. Specifically, this study seeks to analyze: (1) the effect of continuous running exercises on increasing VO₂ Max, (2) the effect of interval running exercises on increasing VO₂ Max, and (3) a comparison of the effectiveness of the two exercise methods in increasing the participants' VO₂ Max. This study used a quantitative method with an experimental approach. The research subjects were karate extracurricular participants at SMK Negeri 2 Medan, who were divided into two treatment groups, namely the continuous running group and the interval running group. VO₂ Max measurements were taken before and after the training program using the Multistage Fitness Test (Bleep Test). The results of the analysis showed a significant increase in VO₂ Max using the Bleep Test. The average pretest value of 372.45 (37.24%) increased to 406.55 (40.65%) in the posttest, or an increase of 9.1%. The paired t-test showed a t-value of 10.319 > t-table = 2.093 with a significance of 0.000, meaning the alternative hypothesis was accepted. This indicates that continuous running and interval running exercises significantly influence the increase in VO₂ Max.

Keywords: *Continuous Running, Interval Running, VO₂ Max, Karate*