

Effect of Hill Training and Fartlek Training for Development of Aerobic Fitness among Middle and Long Distance Runners of Hyderabad District in India

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Abstract

Introduction: Aerobic Fitness is vital for middle and long distance runners. Aerobic fitness is of special importance at the beginning of the preparatory period. The Objective of this study is to determine the effects of Hill Training and Fartlek Training for development of Aerobic fitness among the Middle and long distance Runners. This Study want to compare Hill Training Method and Fartlek Training Method which method is good for development of Aerobic Fitness.

Methods: The sample for the study consists of 45 Middle and long distance runners between the age group of 18 to 20 Years those who have participated in many middle and long distance events since last 3 Years. The selected subjects were randomly divided into three equal groups of 15 each. Group I is Experimental Hill Training Group, Group II is Experimental Fartlek Training Group and Group III is Control Group. The Experimental Groups were given Training Alternate days for 12 Weeks in addition to their normal practice on other days. The Experimental Groups training duration is 2 Hours on alternate days in the morning session only. The Control Group have done the regular training as per there schedule but specifically the Hill Training and Fartlek Training are not included in the programme. The Data were collected in Pre Test and Post Test for all groups using the 12 Min Run Cooper Test. The collected data were analyzed statistically by using Ancova.

Results: The Results of the Study in Pre Test Means of Control Group is 2098.7, Hill Training Group 2108.00, Fartlek Training Group 2101.30. It is evident that there is no significant difference between Control Group and Experimental groups i.e. Hill Training Group, Fartlek Training Group on Aerobic Fitness initially before the commencement of training Program. The Post Test Means of Control Group is 2095.3, Hill Training Group 2258.0, Fartlek Training Group 2198.7. The Hill Training group is having the better results in Fartlek Training Group.

Conclusions: It is concluded that Hill Running and Fartlek Running methods are beneficial for middle and long distance runners to develop the strong lower body muscles, resistance to fatigue etc. It also helps for development of Aerobic Fitness.

Keywords: Aerobic Fitness, Hill Training, Fartlek Training etc.