

Effect of Plyometric Training for Development of Speed among Sprinters

Marisa Poomiphak Na Nongkhai (Ph.D)¹, Rajesh Kumar (Ph.D)²

¹School of Health Science, Mae Fah Luang University, Chiangrai, Thailand, Email: marisa.poo@mfu.ac.th

²Department of Physical Education, Osmania University, Hyderabad, India, Email: rajesh2sports@gmail.com

Abstract

Introduction: Plyometrics is method of developing explosive power, produces high-levels of force during very fast movements and important component of most athletic performances. The objective of this study to design the plyometric training schedule for enhancement of sprinting and long jumping performance. To see the effect of plyometric training on development of Speed among Sprinters.

Methods: The sample for this study consists of 20 Male Sprinters of MaeFahLuang University Thailand out of which 10 are experimental group of Sprinters and 10 are controlled group. Plyometric Training were given to Sprinters for eight weeks along with general training of Sprints and sprinters control group will go for general training of sprints. Pre Test and Post Test were conducted for 30 M Run Speed Test were conducted for sprinters experimental group.

Results: This Study shows that the experimental Group of Sprinters has also got rapid improvement in speed through plyometric training in 30 M Run Speed Test.

Conclusions: It is concluded that due Plyometric Training there is improvement 30 M Run Speed Performance. The results of this study conclude that plyometric program will increase speed among sprinters. It is recommended that the coaches must include the Plyometric training for long jumpers and sprinters.

Keywords: Plyometric training, Sprinters, Sprints