

## **EFFECT OF INTERVAL TRAINING METHOD ON PERFORMANCE OF 200 METER SPINTERS**

**DILEEP TIRKEY**

Assistant Professor, Lakshmbai National Institute of Physical Education,  
Gwalior, Madhya Pradesh, India

### **ABSTRACT**

#### **Objective**

To find out the effect of Interval Training Method on performance of 200 meter Sprinters.

#### **Method**

Twenty four male and female students from athletics specialization were selected as subjects for the present study. They were classified into two groups of 12 each. Out of two, one was experimental and another was control group. Group 'A' was designated as experimental group, while 'B' was designated as control group. The treatment was assigned to experimental group only. The training was given for two months, five days a week to the experimental group. The volume of the work was very less for very first week and it was gradually increased from second to the last week of the training programme. The repetitions of 80 mts, 100 mts, 150 mts, 200 mts and 250 mts were given to the experimental group. The number of repetitions was gradually increased from 6 to 10 repetitions. The intensity of work load was set at 70 – 80% for Interval Group. Data were taken at the beginning and at the conclusions of an experimental period of two months. Paired 't' test was applied between pre – test and post – test means of both group in order to find out the improvement in experimental and control group. The level of significance was set at 0.05 levels.

#### **Results and Conclusions**

Two months of Interval Training Method was effective for the improvement in 200 meter sprinters in comparison of Control Group.

**KEYWORDS:** Interval Training Method, Repetitions, Intensity, Speed Endurance