

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF CONTINUOUS TRAINING VS
INTERVAL TRAINING ON RESTING HEART RATE
AND SPEED**

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AUTHOR'S DECLARATION

I declare that the work in this research project was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledge work. This research project has not been submitted to any other academic institution or non-academic institution for any degree or or qualification.

I hereby, acknowledge that have been supplied the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Purpose of the present study was conducted in order to compare the effect of continuous training versus interval training on resting heart rate and speed among football player. 26 male subject were selected based on the inclusion criteria needed and were randomly assigned into two group, which are continuous training group and interval training group. Each group contain 13 subject completed 6 weeks training protocol running on the open field 3 days per week. Duration of each training session will be done in 30 minutes. Every two week the duration will be increase by 5 minutes. Continuous training group will running at 70-84% of heart rate reserve (HRR) within the time given. Interval training will be followed 70-84%/30-39% of HRR with 1:2 min work/rest ratio. The result was no significant different of resting heart rate between continuous training and interval training, p-value= 0.46. Post speed test show there was significant difference between continuous training and interval training among football player with p-value= 0.03. It can conclude, that both continuous and interval training is beneficial in reducing resting heart rate. However, for speed, interval training is more convenient in maintain or improving speed compared to continuous training.

Keyword: *Continuous training, interval training, resting heart rate, speed.*

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