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Effect of Fartlek Training on Endurance Among Kabaddi Players

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ABSTRACT

The purpose of the study was to determine the effect of fartlek training on endurance among kabaddi players. In order to achieve the purpose of this study the researcher has selected 30 kabaddi players from Sourashtra College, Madurai, Tamilnadu, India at random and their age ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups of fifteen each. The groups were assigned as experimental group and control group in an equivalent manner. Experimental group participated the fartlek training for a period of twelve weeks and the post-tests were conducted. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 1 and 27. The fartlek training group achieved significant improvement on endurance.

KEYWORDS: Fartlek Training, Endurance, Kabaddi Players.

INTRODUCTION

Fartlek means "speed play" in Swedish, is a training method that blends continuous training with interval training. The variable intensity and continuous nature of the exercise places stress on both the aerobic and anaerobic systems. It differs from traditional interval training in that it is unstructured; intensity and/or speed varies, as the athlete wishes. Most fartlek sessions last a minimum of 45 minutes and can vary from aerobic walking to anaerobic sprinting. Fartlek training is generally associated with running, but can include almost any kind of exercise. Swedish coach Gosta Holmer developed fartlek in 1937, and, since then,many physiologists have adopted it. It was designed for the downtrodden Swedish cross country running teams that had been beaten throughout the 1920s by Paavo Nurmi and the Finns. Holmer's plan used a faster-than-race pace and concentrated on both speed and endurance training. Fartlek training is a well known and a well respected training method that was first developed over 70 years ago, in the late 1930's, by the Swedish coach, Gosta Holmer and was introduced at about the same time that Gerschler and Reindel were experimenting with the original Interval Training. Fartlek training was designed as Holmér's response to the Swedish distance athletes' lack of success against the Finnish teams of the day, including the legendary Paavo Nurmi, and also to having limited access to specially built training facilities in Sweden at that time (Schatzle, & Joe, 2002).

METHODOLOGY

The purpose of the study was to determine the effect of fartlek training on endurance among kabaddi players. In order to achieve the purpose of this study the researcher has selected 30 kabaddi players from Sourashtra College, Madurai, Tamilnadu, India at random and their age

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RESULTS

TABLE -I

COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF ENDURANCE OF EXPERIMENTAL AND CONTROL GROUPS

Test	Control (mts)	Experimental (mts)	Sum of variance	Sum of squares	df	Mean square	F
Pre test mean	2213.33	2153.33	BG	27000.00	1	27000.00	0.71
			WG	1054667	28	37666.66	
Post test mean	2300.00	2486.66	BG	261333.3	1	261333.33	6.21*
			WG	1177333	28	42047.61	
Adjusted post mean	2288.03	2498.63	BG	324334.51	1	324334.51	8.67*
			WG	1009545.30	27	37390.56	

* Significant at 0.05 level

The above table indicates the adjusted mean value of endurance of control and experimental groups were 2288.03 and 2498.63 respectively. The obtained F-ratio of 8.67 for adjusted mean was higher than the table value 4.21 for degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on endurance. The table also reveals that pre test mean of control and experimental group do not differ significantly, however the post test mean of above said groups differ significantly. The pre, post and adjusted mean values of endurance of both control and experimental groups are graphically represented in the Figure-I.

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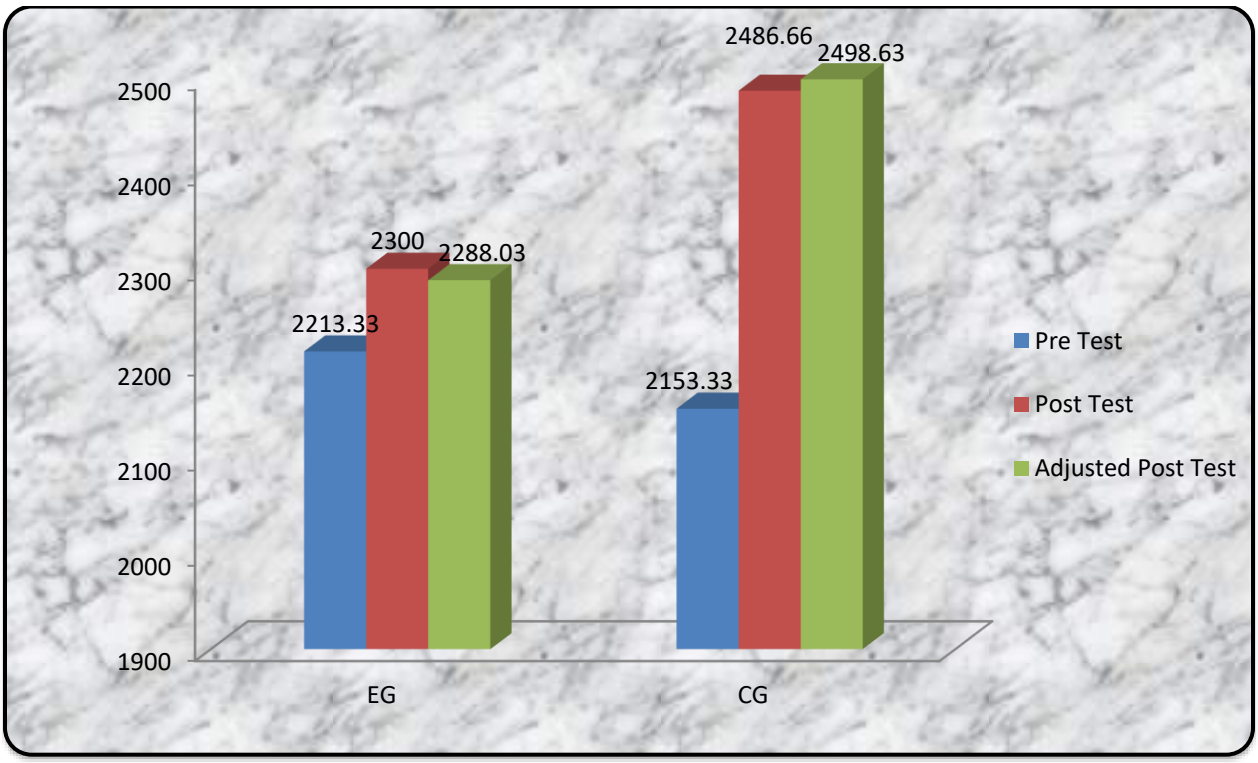
FIGURE – I
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE-TEST, POST-TEST AND ADJUSTED POST MEAN OF CONTROL AND EXPERIMENTAL GROUPS ON ENDURANCE



CONCLUSION

The fartlek training group achieved significant improvement on endurance.

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