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Effect of six week fartlek training on vital capacity of football players

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Abstract

The purpose of the present study was to effect of fartlek training for developing vital capacity among football players. 15 footballers between the age group of 18 to 24 years were selected for the study. The six weeks fartlek training program for football group was conducted in order to study the effect of fartlek training on vital capacity of soccer. The Pre Test and Post Test were proficient through dry spirometer to estimation the effects of fartlek training on vital capacity of shuttlers. The subject for this study were 15 college level male and female football players of Govt. college of Rajasthan between the age group of 18 to 24 years were chosen for the study. The six weeks training was specified to whole Group which consists of Fartlek Training Sessions on 5 days per week. The Fartlek Training Sessions includes slow continuous road running on own speed, Continuous Running with self-induced intensity on college training ground. Dry spirometer test for vital capacity is used for collection of Data. Independent sample T-Test was used to analyze the data. Pre-test mean value was 3.64 and standard deviation was 0.69. Post test data shows a slight difference as it shows mean (3.85) and standard deviation (.68) which shows a slight improvement in vital capacities of shuttlers. Study shows no significant difference between pre-test post-test vital capacity value of shuttlers as the sig (2-tailed) value is 0.42 which is greater than 0.05 level of significance.

Keywords: Fartlek training, vital capacity, footballers

Introduction

A famous saying by Martin Luther King Jr. Defines Fartlek training very well.

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

Fartlek training is a training method that blends continuous training with interval training. Fartlek runs are a very simple form of a long distance run. Fartlek, which means "speed play" in Swedish, Fartlek training “is simply defined as periods of fast running intermixed with periods of slower running.” For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible. A simple example of what a runner would do during a fartlek run is “sprint all out from one light pole to the next, jog to the corner, give a medium effort for a couple of blocks, jog between four light poles and sprint to a stop sign, and so on, for a set total time or distance.” The variable intensity and non-stop nature of the exercise places strain on each the cardio and anaerobic systems. It differs from conventional training in that its miles unstructured; depth and/or pace varies, as the athlete wishes. Fartlek training is generally related to strolling, however can encompass almost any type of workout.

Fartlek going for walks includes various your pace throughout your run, alternating among speedy segments and sluggish jogs. Unlike traditional training program that includes particular timed or measured segments, fartleks are more unstructured. Work-rest durations may be based totally on how the frame feels. With fartlek training, you may experiment with pace and persistence, and to enjoy changes of pace. Many runners, especially novices, revel in fartlek training as it entails speed work. However it is more flexible than and no longer as worrying as conventional training. It can also be performed on all varieties of terrains -- roads, trails, or maybe hills.

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In his excellent book “Daniel’s Running Formula,” Coach Jack Daniels suggests the following workout when feeling lethargic: Run 10 steps (counting one foot, not both) then jog 10, run 20 and jog 20, run 30 and jog 30, and so on up to running 100 and jogging 100 (or more if you wish). This is a great way to get obtain a good workout when your body simply does not feel like exerting itself.

Parisa Amiri-Farsania Davar Rezaeimaneshb Eidy Alijanic also studied “The effect of eight-week sprint and endurance interval training on some lung volumes and capacities in female nonathletic students at Islamic Azad University of Abadan” The purpose of this study was to examine the effect of eight-week sprint and endurance interval training on some lung volumes and capacities in female nonathletic students at Islamic Azad University of Abadan. 45 subjects (18 – 26 year old) were matched into three groups follow Control group, sprint interval training group and endurance interval training group. The effect of eightweek sprint and endurance interval training on Tidal Volume, Inspiratory Reserve Volume, Expiratory Reserve Volume, Residual Volume, Vital Capacity and Total Lung Capacity was evaluated on pre and post-test. Descriptive statistic and Manova and follow up Tukey Test at ($\alpha=0.05$) were used to analyze data. The results showed that there was a significant increase in Expiratory Reserve Volume and Total Lung Capacity.

Objectives of the Study

The objective of the study is to find out the effect of fartlek training on vital capacity among footballers.

Hypothesis

It was hypothesized that there would be significant difference in pre-test and post-test findings due to effect of fartlek training for developing endurance among footballers.

Methodology

The subject for this study is 15 college level male and female football players of Govt. College, Rajasthan between the age

group of 18 to 24 years were chosen for the study. The six weeks training was specified to whole Group which consists of Fartlek Training Sessions on 5 days per week. The Fartlek Training Sessions includes slow continuous road running on own speed, Continuous Running with self-induced intensity on college training ground.

Dry spirometer test for vital capacity is used for collection of Data.

Indi-pedant sample T-Test was used to analyze the data.

Procedure of Data Collection

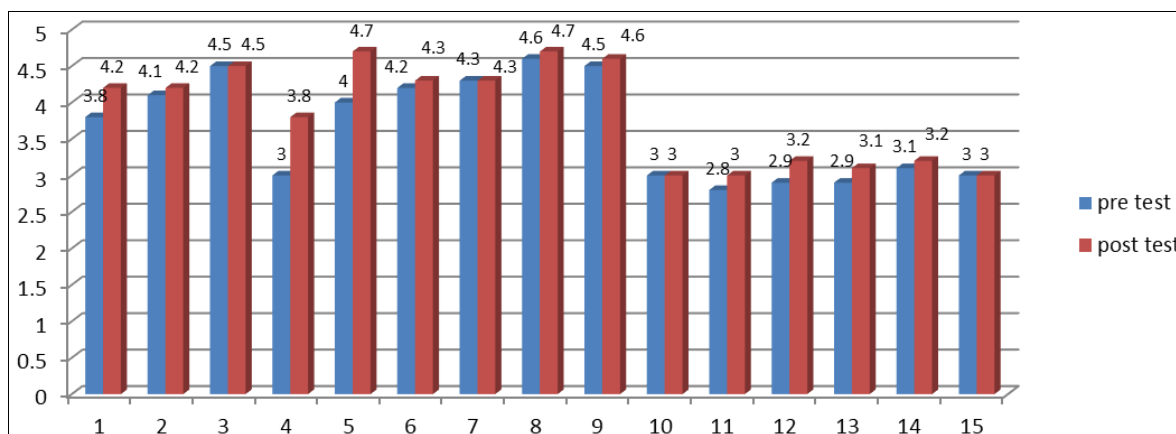
The dry spirometer Test for Pre Test and post test data collection was used and results was recorded. A pre-test for the group was conducted to obtain initial data of their vital capacity with the help of dry spirometer. The shuttlers group was specified the fartlak training. After Six weeks Training the Post Test was accomplished on experimental group, data was recorded and Independent T-Test was used to analyze the data on SPSS software. The athletes normally hail from different socio-economic status, different dietary habits, mode of living etc. confident factors like daily routine, life style and food habits which would have an impact on the presentation so it was considered as the limitation for the study.

Findings

Table 1: Group Statistics (descriptive)

	Test	N	Mean	Std. Deviation	Std. Error Mean
Vital Capacity	pre	15	3.64	.69	.18
	post	15	3.85	.68	.17

Table 1 shows the descriptive of mean values of pre and post test data. It clearly shows that pre-test mean value was 3.64 and standard deviation was 0.69. Post-test data shows a slight difference as it shows mean (3.85) and standard deviation (.68) which shows a slight improvement in vital capacities of shuttlers.



Graph 1: The pre and post-test vital capacity values for each athlete

Graph-1 clearly shows the pre and post-test vital capacity values for each athlete which was shown in the Form of mean in table -1

Conclusion and recommendation

Table 2: Independent Samples Test

Vital Capacity	Levene's Test for Equality of Variances		t-test for Equality of Means				
	F	Sig.	t	DF	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal variances assumed	.060	.808	-.815	28	.42	-.206	.25350
Equal variances not assumed			-.815	27.99	.42	-.206	.25350

Sig at 0.05 level of significance.

Table -2 Shows the Independent sample T-Test. Table -2 shows no significant difference between pre-test, post-test vital capacity value of footballers as the sig(2-tailed) value is 0.42 which is greater than 0.05 level of significance. This result clearly discards the hypothesis formed at the beginning of study that there will be significant differences in pre-test and post test data as a result of six week fartlak training, study found no significant difference may be due to the less amount of training volume of fartlak training, or it may be due to less active participation of athletes although ample motivation was provided to the subjects before the start of study but as endurance training is less interesting than other training programmes so it might be a reason. Lastly no significant difference may be seen due to their training state as they were already going through their skill specific training programme since two months prior to the start of study so it may be possible that improvements due to training effect may already take place before the beginning of study.

It is recommended to increase the training volume of fartlak training for athletes as it may be one of the prime cause of showing no significant differences.

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