

ABSTRACT

ALDI SUPRIYADI 2023. *Effects of Fartlek Exercise, Continuous Exercise, and Interval Training on Increasing Cardiovascular Endurance*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

In terms of improving achievement in futsal sports, a good and correct training method is needed. When discussing the issue of training, which is closely related to the body's cardiovascular power and endurance in an athlete, endurance is a biomotor component needed in physical activity. Cardiovascular endurance is defined as the capacity of the circulatory and respiratory systems to deliver oxygen to the working muscles and transport waste from these muscles, the maximum capacity of the heart and lungs is the best assessment to measure a person's ability to consume oxygen. In terms of training cardiovascular endurance there are several ways to increase cardiovascular endurance with fartlek training, continuous training and interval training. This research will examine the increasing effect of fartlek training, continuous training and interval training on cardiovascular endurance in futsal extracurricular activities at SMP Negeri 16 Tasikmalaya City. The research method used is a quantitative research method with an experimental type. The variables examined in this study were cardiovascular endurance, fartlek training, continuous training and interval training. The research design used was "one-group pre test- post test design", this design contained pretest, treatment (fartlek training program, continuous training and interval training) and ended with a post-test. The population consists of 15 men's futsal extracurricular members of SMP Negeri 16 Tasikmalaya City, using a sampling technique, namely saturated sampling technique, which uses the entire population to become respondents, namely 15 people. The instrument in this study used the bleep test. The results of this study indicate that there is a significant effect of fartlek training, continuous training and interval training on increasing cardiovascular endurance in the men's futsal extracurricular at SMP Negeri 16 Tasikmalaya City.

Keywords: *Endurance, Fartlek, Futsal, Interval Training, Continuous*