

## **ABSTRACT**

DRAJAT LAGABUANA. 2023. *The Effect of Fartlek Exercise on Increasing Cardiovascular Endurance*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

*The problem with this research is a lack of physical exercise, one of which is cardiovascular endurance training(endurance). Then, when training, there is still a lack of variety to increase cardiovascular endurance so that extracurricular students feel less enthusiastic about carrying out physical exercise, therefore it is necessary to increase cardiovascular endurance with different exercises. This research aims to see the effect of trainingfartlek on increasing cardiovascular endurance in extracurricular football students at SMAN 1 Bantarujeg. The method used in this research is an experimental research method. The population and sample in this study were members of the Football Extracurricular SMAN 1 Bantarujeg, totaling 16 people with the criteria that the sample must be in good physical and mental health. As for the researcher's method of determining the sample, the author used the Saturated Sampling method. Based on the research results, data processing in this research used experimental methods, with data analysis in this research, researchers used statistical formulas. The results of research and data processing using statistical tests, data analysis are proposed that  $t_{test} 3.38$  is greater than  $t_{table} 1.75$  so the null hypothesis ( $H_0$ ) is rejected. So in this way the proposed author is proven and significantly accepted. This shows that practiceFarts there is a significant influence on cardiovascular endurance.*

**Keywords:** *Fartlek Exercise, Cardiovascular, Football*