

## **ABSTRACT**

ACHFANIA ROSABILLA 2023. ***THE EFFECT OF UPHILL RUNNING TRAINING ON SPRINT RUNNING SPEED IN EXTRACUCULAR ATHLETIC STUDENTS (Experimental Study on extracurricular athletic students at SMKN 1 Lemahabang, Cirebon Regency 2023)***

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*Based on observations during observations, researchers found several problems, namely extracurricular students experiencing boredom and boredom when practicing and extracurricular students' lack of speed in sprinting. The aim to be achieved in this research is to determine the effect of uphill running training on the ability to run a 100m sprint in extracurricular athletics at SMKN 1 Lemahabang, Cirebon Regency. This research method is experimental. The population of this study was all participants who took part in the extracurricular athletics short distance running (sprint) at SMKN 1 Lemahabang, totaling 15 participants. Based on the calculations above, it is known that  $t_{count} = 3.95$  and  $t_{table} = 1.76$  which are obtained from the  $t$  distribution table, so that  $t_{count} = 3.95$  is greater than  $t_{table} = 1.76$ , so it can be concluded that  $H_a$ : is accepted and  $H_o$ : rejected. If  $H_a$  is accepted then the hypothesis reads "There is a significant influence of the uphill running training method on the sprinting ability of students participating in extracurricular athletics at SMKN 1 Lemahabang, Cirebon Regency." Based on the results of this research, it can be interpreted that the uphill running training method has an influence on sprint running speed.*

*Keywords: Speed, uphill running, and sprinting.*