# TRAINNING DESIGN TO IMPROVE BIOMOTOR COMPONENTS IN TABLE TENNIS PERFORMANCE

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ABSTRACT

**Abstract**

Power, agility and endurance are the important biomotor components in table tennis performance. The objective of the study was to examine the validation of the contents of the circuit training design with linear loading in the pre-competition period to improve power, endurance, and agility in the performance of table tennis. The research method used qualitative and quantitative mixed methods. The research subject used document. Evaluation techniques with the experts were used as data collection. Lawshe's formula of Content Validity Ratio (CVR) was used as the data analysis. The results of the study showed that there was high content validity. The conclusion of program circuit training design with linear loading in the pre-competition period to improve power, endurance, and agility in table tennis performance is feasible to use**.**

Kata Kunci: *validation contents, circuit training, biomotor*