

The effect of endurance training with variations in intensity on increasing aerobic endurance in Indonesian and Saudi Arabian College students

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ABSTRACT

This study aims to be able to find new references, especially related to modified forms of exercise in an effort to increase the VO2Max of students. The specific target to be achieved in this study is to find the results of research related to how effective interval training modifications in the form of walking-jogging-running training are an effort to increase VO2Max in students.

The research method in this research is quantitative with the research design referred to in this study is an experimental one group pre test and post test design. The research instrument used in this study was the Cooper Test. This research was conducted with research subjects, namely study program students. PKO FIK UNY Semester 1.

The results of this study can be in the form of a reference to a modified form of interval training, especially with the walking-jogging-running pattern of increasing VO2Max at the age of students. It is hoped that the results of this research can be published in indexed international journals and disseminated in scientific forums.

Kata Kunci: *Exercise, Cooper Test, VO2Max*