

## Study of Performance Based Parameters on Sprint Interval Training and Steady State Run: Trained Young Female

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**Abstract :** Purpose: The study compared the effects of intra and inter group short duration intensity training and long duration steady state-run training on the cardiovascular performance on female athletes. Method: Twenty trained young female athletes age between 17 to 20 years were randomly selected to participate in the test. The sprint interval training (n-10) program consisted of 5 min sprints and steady state run (n-10) conducted for 30 min. Both groups completed eight sessions of training within four weeks. Result: In intragroup distribution of mean % change in all the variables from week 4 to week 1 did not differ significantly (p-value > 0.05). The inter-group means value of post resting heart rate, max oxygen consumption (VO<sub>2</sub>max), and calorie expenditure in sprint interval training was higher with compared with steady state run. Conclusion: The comparative mean value of the intergroups program concludes that the SIT program is superior to SSR in performance-based variables in trained young females. The SIT program can be applied as a time-efficient program for improving performance.

**Keywords :** calorie expenditure, maximum rate of oxygen consumption, post recovery HR (1-4-7 min), time domain

**Conference Title :** ICSPEEHS 2022 : International Conference on Sport, Physical Education, Exercise and Health Sciences

**Conference Location :** New York, United States

**Conference Dates :** August 08-09, 2022