

Effect of High Intensity Interval Training and Moderate Interval Continuous Training on Cardiovascular Endurance In young Healthy Female

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Abstract : Objectives: The objective is to compare the effects of high-intensity interval training VS moderate moderate-intensity continuous training on cardiovascular endurance in young healthy females. Method: 30 young, healthy females were collected and randomly assigned into two training groups, HIIT and MICT, each group having a sample size of (n=15). There will be three parameters to be tested, including (VO₂max, Resting heart rate, and Rate perceived exertion). Each group will be tested at three different times, e.g. (at Baseline measurement, after two weeks and after four weeks). For the first two weeks, the HIIT group has to perform at 70%HRR and for the third and fourth weeks, at 75%HRR for two minutes, followed by an active resting interval at 30%HRR for two minutes (1:1) with warm-up and cool-down period (2 minutes each period) on the treadmill. For the first two weeks, the MICT group has to perform at 40%HRR and for the third and fourth weeks at 50% HRR for fifteen minutes continuously on the treadmill, including warm up and cool down period (2 minutes each period). Result: The final assessment of HIIT and MICT groups had shown p values for VO₂max (p=.000), RHR (p=.323) and for RPE (p=.085). These values indicating significant improvement in these three parameters in both groups. Conclusion: This study showed that there were significant improvements in both groups but there were more improvements in VO₂max in HIIT group so, it is proved that HIIT is more beneficial than MICT in improving cardiovascular endurance.

Keywords : HIIT, MICT, RPE, RHR

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