

## **An Integrated Approach of Isolated and Combined Aerobic and Anaerobic Interval Training for Improvement of Stride Length and Stride Frequency of Soccer Players**

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**Abstract :** Purpose: The study is to find out the effect of isolated and combined aerobic and anaerobic interval training on stride length and stride frequency of Soccer players. Method(s): To achieve this purpose, 45 women Soccer players who participated in the Anna University, Tamilnadu, India. Intercollegiate Tournament was selected as subjects and were randomly divided into three equal groups of fifteen each, such as an anaerobic interval training group (group-I), anaerobic interval training group (group-II) and combined aerobic-anaerobic interval training group (group-III). The training program was conducted three days per weeks for a period of six weeks. Stride length and Stride frequency was selected as dependent variables. All the subjects of the three groups were tested on selected criterion variables at prior to and immediately after the training program. The concepts of dependent test were employed to find out the significant improvement due to the influence of training programs on all the selected criterion variables. The analysis of covariance (ANCOVA) was also used to analyze the significant difference, if, any among the experimental groups. Result(s): The result of the study revealed that combined group was higher than aerobic interval training and anaerobic interval training groups. Conclusion(s): It was concluded that when experimental groups were compared with each other, the combined aerobic - anaerobic interval training program was found to be greater than the aerobic and the anaerobic interval training programs on the development of stride length and stride frequency. High intensity, combined aerobic - anaerobic interval training program can be carried out in a more soccer specific way than plain running.

**Keywords :** stride length, stride frequency, interval training, soccer

**Conference Title :** ICPESS 2015 : International Conference on Physical Education and Sport Science

**Conference Location :** Bangkok, Thailand

**Conference Dates :** December 17-18, 2015