

ABSTRACT



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COMPARISON OF THE EFFECT BETWEEN HIGH INTENSITY INTERVAL TRAINING AND MODERATE INTENSITY CONTINUOUS TRAINING ON INCREASING VO₂max WOMEN OF PRODUCTIVE AGE

Consist of VI chapters, 52 pages, 2 schemes, 9 Tables, 2 graphics

Objective : To find out the comparison of the effect between High Intensity Interval Training and Moderate Intensity Continuous Training on Increasing VO₂max women of productive age. **Methods :** This study using quantitative research methods. The samples in this study are 36 women of productive age around 20 to 40 years old and get tested by Harvard Step Test for maximum 5 minutes with 120 bpm beats of metronome. In this study, divided into 2 groups which are HIIT with Sprint and Jogging for 25 minutes and controlled by training zone 80-90% maximum heart rate. MICT with Jogging only for 45 minutes and controlled by training zone 60-70% maximum heart rate. Each group has to do the exercises for 9 sessions for 3 weeks. **Result:** The result of variable measurement shows mean±SD value for Harvard Step Test in *pre* HIIT 33.02 ± 18.31 and *post* 39.01 ± 19.96. for MICT's mean±SD value *pre* 40.12 ± 16.25 dan *post* 42.02 ± 16.23. Statistical results with Independent Samples T-test shows p-value = 0.632 which means p>0.05 and it shows HIIT and MICT could increase VO₂max. **Conclusion:** There was no difference for increasing HIIT also MICT in increasing VO₂max in women of productive ages.

Keywords : HIIT, MICT, Increasing VO₂max, cardiorespiratory fitness, women of productive ages.