ABSTRACT

The purpose of this study was to observe the influence of interval training 1: ½ and continuous training with intensity 60% from maximal work capacity toward triglyceride.

The study applied randomized pretest – posttest control group design. Thirty subjects were taken randomly from population of sixty five people. They were divided into 3 groups, and each group obtaining different treatment. The first group as control group without any treatment. The second group obtained treatment in form of interval training 1: ½, and the third one obtained continous training. Data of blood triglyceride were measured before and after obtaining treatment. The data were analyzed using descriptive analysis and inferensial statistic (normality, homogeneity of variance, One-way ANOVA, paired t-test and multivariate test + LSD) with 5% of significance level.

The result showed :(1) Interval training 1: ½ decreased blood triglyceride from $76{,}20 \pm 20{,}75$ mg/dl to $74{,}10 \pm 21{,}43$ mg/dl, $p = 0{,}011$, (2) Continous training did not decrese blood triglyceride from $90{,}90 \pm 32{,}08$ mg/dl to $90{,}40 \pm 30{,}45$ mg/dl, $p = 0{,}903$ (3) There was not different effect between interval training 1: ½ and continuous training toward blood triglyceride $p = 0{,}694$.

Key Word :interval training 1: ½ , continuous training, blood triglyceride.

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