



## Effect of Fartlek Training for development of endurance among Children's of Khammam District in Telangana State

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### Abstract

The Purpose of the study to find out the effect of fartlek training for the development of endurance among children's of Khammam District. The sample for the study consists 40 Children's between the age group of 14 to 16 Years ie. 20 Members Experimental group and 20 Members control group. The Experimental Group has given the Fartlek Training on alternate days for six weeks and control group has not done any training. Pre and Post Test in 600 M Run were conducted among Experimental and Control Group before the start of training and six weeks after the Training. The results of the study shows that experimental group has improvement a lot in endurance due fartlek training compare to controlled training group with no training. It is recommended that Fartlek training is useful for development of endurance among children's. Key words: endurance, fartlek training, school children's etc.

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## 1. Introduction

Physical activities help in developing students' competence and confidence. It helps them to take part in a wide range of physical activities that are crucial to their lives— both in and out of school. Physical fitness is the key ingredient for a healthy lifestyle. This is why physical education is an important element in most schools. When students have regular fitness activities as part of their daily regimen, they stay fit and healthy. Regular physical activities daily help in better absorption of nutrients in the body and also helps in improving cardiovascular health and developing muscular strength. Fartlek, which means "speed play" in Swedish, is a training method that blends continuous training with interval

training. Fartlek runs are a very simple form of a long distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." Swedish Coach Gosta Holmer develop fartlek in 1930 and got great success to the Swedish Cross Country Running Teams and eventually used by all Coaches till know and achieve great success in middle and long distance running. This method is suitable for the children's, athletes, sports persons to run as per the wish of the athlete. The athlete of athlete will be from 140 to 200 beats per minute as per the maximum heart rate of the participant. Pardeep Kumar (2015) Studied the effect of fartlek training for developing endurance ability among athletes. 30 athletes between the age group of 18 to 24 years (15 Experimental Group and 15 Control Group) were selected for the study. The six weeks endurance training program for experimental group were specific to experimental group which contains more sand training on alternate days and controlled group was given

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general training of athletics. The Pre Test and Post Test were proficient through Cooper Test for both group to estimation the effects of sand running. This study explains that the sand training has increased the endurance between the Experimental groups along with Physiological capacity of the athletes. It is optional that sand training is fine for the endurance development of athletes.

Endurance may also refer to an ability to keep going through a tough situation involving hardship, stress, etc. Fartlek running offers the following benefits.

Helps develop power and muscle elasticity

• Improves stride frequency and length.

• Promote strength endurance.

• Develop maximum speed and strength

• Improves lactate tolerance

### Objectives of the Study

The objective of the study is to find out the effect of fartlek training for developing endurance among childrens of Khammam District between the age group of 14 to 16 Years

### Hypothesis

It was hypothesized that there would be significant

#### 1. Fartlek Training Programme for a 6 Weeks on alternate days

Days	Physical Exercises	Repetitions and Sets
Tuesday	Warming up for 20 min Fartlek Running for 30 Min	1 set
Thursday	Warming up for 20 min Fartlek Running for 20 Min	2 sets
Saturday	Warming up for 20 min Fartlek Running for 30 Min	1 set

### Results:

The results of the study shows that experimental group has improvement a lot in endurance due fartlek training

Table: Descriptive statistics showing the result of 600 M Run among Experimental and Controlled Group in Childrens

Variables	Group	Pre Test Mean $\pm$ SD	Post Test Mean $\pm$ SD	T	P - Value
600 M Run	Experimental	1.51 $\pm$ 0.025	1.42 $\pm$ 0.028	10.457	0.000*
	Control	1.52 $\pm$ 0.027	1.53 $\pm$ 0.021	-3.707	0.001*

2. \*Significant at 0.05 level

3. In Table the Mean Values in 600 M Run of Experimental Group is 1.51 and Control Group is 1.52 in Pre Test and Post Test is Experimental Group is 1.42 and Control Group is 1.53. The

difference in fartlek training for developing endurance among the children's.

### Methodology:

The sample for the study consists 40 Children's between the age group of 14 to 16 Years ie. 20 Members Experimental group and 20 Members control group. The Experimental Group has given the Fartlek Training on alternate days for six weeks and control group has not done any training. Pre and Post Test in 600 M Run were conducted among Experimental and Control Group before the start of training and six weeks after the Training.

The children's normally hail from different socio-economic status, different dietary habits, mode of living etc. The factors like daily routine, life style, food habits and sleeping pattern which would have an impact on the performance of both groups could not be controlled.

compare to controlled training group with no training. It is recommended that Fartlek training is useful for development of endurance among children's

Experimental Group has decreased from 1.51 to 1.42 in mean values due to Fartlek Training in endurance compare the Control group mean is 1.53 in post test due to general training.

**Conclusions:**

The results of the study shows that experimental group has improvement a lot in endurance due fartlek training compare to controlled training group with no training. It is recommended that Fartlek training is useful for development of endurance among children's.

**Recommendations:**

Fartlek training results in the calf muscles learning to pact more quickly and thereby generating work at a higher rate which is useful for the development of endurance ability among childrens and sports persons.. This study is useful to the coaches to use the fartlek training method to develop the endurance among childrens and sports person.

**References:**

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