CHAPTER I

INTRODUCTION

1.1 Sports Training
1.2 Interval Training
1.3 Interval Training and Physiological Variable
   1.3.1 Resting Pulse rate and Interval Training
   1.3.2 Interval Training and Blood Pressure
   1.3.3 Mean Arterial Blood Pressure and Interval Training
   1.3.4 Interval Training and Anaerobic Power
   1.3.5 Cardiorespiratory endurance and Interval Training
1.4. Blood Glucose and Interval Training
   1.4.1. Blood Lactic Acid and Interval Training
1.5. Intensity
   1.5.1. Intensity of Training
1.6. Detraining
   1.6.1. Objectives of the Study
1.7. Statement of the Problem
1.8. Hypothesis
1.9. Significance of the Problem
1.10 Delimitations
1.11 Limitations
1.12 Definition of terms
1.12.1 Interval Training
1.12.2 Intensity
1.12.3 Extensive Interval Training
1.12.4 Intensive Interval Training
1.12.5 Detraining
1.12.6 Resting Pulse Rate
1.12.7 Mean Arterial Pressure
1.12.8 Systolic Pressure
1.12.9 Diastolic Pressure
1.12.10 Anaerobic Power
1.12.11 Cardio Respiratory Endurance
1.12.12 Blood Glucose
1.12.13 Blood Lactic Acid

CHAPTER II
REVIEW OF RELATED LITERATURE 23-53

CHAPTER III
MATERIALS AND METHODS 54-75
3.1 Samples and Design
3.2 Experimental Variables
3.3 Pilot Study
3.4 Criterion Measures
3.5 Instruments used for tests
3.6 Testers Competency and Reliability of the test
3.7 Subject Reliability
3.8 Orientation of Subjects
3.9 Training Programme
3.10 Collection of Data
3.10.1 Estimation of Resting Pulse Rate
3.10.2 Estimation of Mean Arterial Pressure
3.10.3 Cardiorespiratory endurance
3.10.4 Anaerobic Power
3.10.5 Estimation of Blood Glucose
3.10.6 Estimation of Blood Lactic Acid
3.11 Statistical Techniques

CHAPTER IV

RESULTS AND DISCUSSIONS

4.1 Over view
4.2 Test of Significance
4.3 Level of Significant
4.4 Computation of Analysis of Covariance and Repeated measures of Analysis of Variance
4.4.1 Results of Resting Pulse Rate
4.4.2 Discussion on Findings
4.4.3 Results of Mean Arterial Blood Pressure
4.4.4 Discussion on Findings
4.4.5 Results of Anaerobic Power
4.4.6 Discussion on Findings
4.4.7 Results of Cardio respiratory Endurance
4.4.8 Discussion on Findings
4.4.9 Results of Blood Glucose
4.4.10 Discussion on Findings
4.4.11 Results on Blood Lactic Acid
4.4.12 Discussion on Findings
4.5 Discussion on Hypothesis

CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary
5.2 Findings
5.3 Conclusions
5.4 Recommendations

BIBLIOGRAPHY

Books

Journals