PREFACE

Interval training, followed by a properly prescribed relief (rest) interval is superior to exercise training programmes. The relief interval avoids excessive production of fatigue products. Pioneered by track and swimming coaches, interval training is the supreme way to condition a person. Experience and recent scientific studies have evolved basic guidelines allowing individualized programmes to the structured, whatever the event or mode of exercise.

Interval training programmes have been so successful because they require less time, precautionary guidelines guard against over indulgence, they adopt to any physical space or exercise regimen, and they permit rapid progress.

The development of physical fitness by scheduled training does promote and maintain performance during exercise and sports is a composition of Physiological, Bio-chemical, Neurological and Social factors.

The Physiological training effects of interval training are well documented. Interval training allows exercise to be performed at greater intensities for a longer overall time than when work is performed continuously. Surely the study will help the Physical Educationists, the Sports Scientists and Coaches to realize their part in the improvement of sports.

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