LIST OF ILLUSTRATION

LIST OF FIGURE

1. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Resting Pulse Rate. 81

2. Time series graph showing the mean differences on Resting Pulse Rate of Intensive Interval Training Group in varied Detraining Periods. 84

3. Time series graph showing the mean differences on Resting Pulse Rate of Extensive Interval Training Group in varied Detraining Periods. 87

4. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Mean Arterial Blood Pressure. 93

5. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Anaerobic Power. 99
6. Time series graph showing the mean differences on Anaerobic power of Intensive Interval Training Group in varied Detraining Periods.

7. Time series graph showing the mean differences on Anaerobic power of Extensive Interval Training Group in varied Detraining Periods.

8. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Cardio Respiratory Endurance.

9. Time series graph showing the mean differences on Cardio Respiratory Endurance of Intensive Interval Training Group in varied Detraining Periods.

10. Time series graph showing the mean differences on Cardio Respiratory Endurance of Extensive Interval Training Group in varied Detraining Periods.

11. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Blood Glucose.

12. Pre test and post test mean differences of the control Intensive and Extensive Interval Training Groups on Blood Lactic Acid.