TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>iv</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>x</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xi</td>
</tr>
<tr>
<td>LIST OF APPENDICES</td>
<td>xii</td>
</tr>
</tbody>
</table>

CHAPTER - I

INTRODUCTION 1 - 37

1.1 Sports Training
1.2 Meaning of Training
1.3 Need and Importance of Training
1.4 Types of Training
1.4.1 Running
1.4.2 Walking
1.4.3 Interval Training
1.5 Packages of Training
1.5.1 Packages of Training of Physiological Variables
1.5.2 Effects of Packages of Training
1.6 Effects of Training on Endocrine Systems
1.7 The Adrenal Glands
1.8 Haemoglobin
1.9 Mean Arterial Pressure
1.10 Blood glucose
1.11 Blood Lactic Acid
1.12 Objectives of the Training
1.13 Statement of the Problem
1.14 Hypothesis
1.15 Significance of the Study
1.16 Delimitations

vii
1.17 Limitations
1.18 Definition of Terms
1.18.1 Packages of Training
1.18.2 Haemoglobin Concentration
1.18.3 Mean Arterial Pressure
1.18.4 Interval Training
1.18.5 Blood Glucose
1.18.6 Blood Lactic Acid Concentration

CHAPTER - II
REVIEW OF RELATED LITERATURE 38 - 131
2.1 Need of Related Literature
2.2 Summary of Related Literature

CHAPTER - III
METHODOLOGY 132 - 144
3.1 Samples and Design
3.2 Experimental Variables
3.3 Methodology
3.4 Criterian Measures
3.5 Instruments used for Tests
3.6 Instruments Reliability
3.7 Testers Competency and Reliability of the Test
3.8 Subject Reliability
3.9 Orientation of Subjects
3.10 Training Programme
3.11 Collection of Data
3.11.1 Estimation of Haemoglobin Concentration
3.11.2 Estimation of Mean Arterial Pressure
3.11.3 Estimation of Blood Glucose
3.11.4 Estimation of Blood Lactic Acid Concentration
3.12 Statistical Technique