



## The Effects of Extensive Interval and Continuous Run Trainings on Aerobic Anaerobic Power

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**ABSTRACT** This paper aimed to determine the effects of the continuous run and extensive interval run trainings on aerobics and anaerobic power. Total 47 male students including 16 athletes in the Extensive Interval Running Group (EIRG), 15 athletes in the Continuous Run Group (CRG) and 16 athletes in the Control Group (CG) were included. The training program was totally applied to EIRG and CRG for 3 days per week during 8 weeks by determining aerobics with the Shuttle Run Test and anaerobic power with the Wingate test before the trainings, these measurements were recorded after the training process. In this paper; considering the first and second measurement values of EIRG and the second measurements, there were significant differences between the CG and CRG averages. Hereby, it can be said that CRG trainings, leads to increase in maxVO<sub>2</sub> level more, EIRG trainings represent more development in anaerobic power as well as maxVO<sub>2</sub>.