

DAFTAR PUSTAKA

- Adiyoso, W. (2022). Kajian Hoax dalam Pandemi Covid-19 di Indonesia. *Bappenas Working Papers*, 5(3), 356–366. <https://doi.org/10.47266/bwp.v5i3.177>
- Agus, S. (2016). Pengaruh Metode Latihan Interval Ekstensif dan Intensif Terhadap Prestasi Lari 400 Meter Putra Atlet PASI Riau. *Sport Area*, Vol. 1 No.(ISSN 2528-584X), 4–6.
- Akbar, S., Soh, K. G., Jazaily Mohd Nasiruddin, N., Bashir, M., Cao, S., & Soh, K. L. (2022). Effects of neuromuscular training on athletes physical fitness in sports: A systematic review. *Frontiers in Physiology*, 13, 939042.
- Akdoğan, E., Yılmaz, İ., Köklü, Y., Alemdaroğlu, U., & Cerrah, A. O. (2021). The effect of isolated or combined small-sided games and speed endurance training on physical performance parameters in young soccer players. *Kinesiology*, 53(1), 78–85.
- Al Aina, R., & Atan, T. (2020). The impact of implementing talent management practices on sustainable organizational performance. *Sustainability*, 12(20), 8372.
- Alkayis, M., & Soedjatmiko. (2019). PERBEDAAN PENGARUH LATIHAN INTERVAL EKSTENSIF DAN INTENSIF TERHADAP VO₂MAX. *Journal of Sport Coaching and Physical Education*, 4(2), 95–103.
- Almagro, B. J., Sáenz-López, P., Fierro-Suero, S., & Conde, C. (2020). Perceived performance, intrinsic motivation and adherence in athletes. *International Journal of Environmental Research and Public Health*, 17(24), 9441.
- Alt, T., Komnik, I., Severin, J., Nodler, Y. T., Benker, R., Knicker, A. J., Brüggemann, G.-P., & Strüder, H. K. (2021). Swing Phase Mechanics of Maximal Velocity Sprints—Does Isokinetic Lower-Limb Muscle Strength Matter? *International Journal of Sports Physiology and Performance*, 16(7), 974–984.
- Ambroży, T., Rydzik, Ł., Spieszny, M., Chwała, W., Jaszczur-Nowicki, J., Jekielek, M., Görner, K., Ostrowski, A., & Cynarski, W. J. (2021). Evaluation of the level of technical and tactical skills and its relationships with aerobic capacity and special fitness in elite Ju-Jitsu athletes. *International Journal of Environmental Research and Public Health*, 18(23), 12286.
- Anderson, L., & Drust, B. (2023). Aerobic and anaerobic training. In *Science and Soccer* (pp. 34–51). Routledge.
- Archacki, D., Zieliński, J., Pospieszna, B., Włodarczyk, M., & Kusy, K. (2024). The contribution of energy systems during 15-second sprint exercise in athletes of different sports specializations. *PeerJ*, 12, e17863.
- Asidik, D. F. (2015). *Dampak Penerapan Pelatihan Tabata terhadap Peningkatan Kemampuan Dayatahan Kecepatan (Speed Endurance)*. UPI.
- Atakan, M. M., Li, Y., Koşar, Ş. N., Turnagöl, H. H., & Yan, X. (2021). Evidence-

- based effects of high-intensity interval training on exercise capacity and health: A review with historical perspective. *International Journal of Environmental Research and Public Health*, 18(13), 7201.
- Avery, D. F., & Wayney, L. W. (2009). *Young Strength Training* (USA).
- Avery, D., & Wayne, L. W. (2009). *Young Strength Training*. Human Kinetic.
- Azcárate, U., Los Arcos, A., Jiménez-Reyes, P., & Yancı, J. (2020). Are acceleration and cardiovascular capacities related to perceived load in professional soccer players? *Research in Sports Medicine*, 28(1), 27–41.
- Babraj, J. A., Vollaard, N. B. J., Keast, C., Guppy, F. M., Cottrell, G., & Timmons, J. A. (2009). Extremely short duration high intensity interval training substantially improves insulin action in young healthy males. *BMC Endocrine Disorders*, 9, 1–8. <https://doi.org/10.1186/1472-6823-9-3>
- Badaruddin. (2019). PENGARUH LATIHAN INTERVAL EKSTENSIF TERHADAP KEMAMPUAN AEROBIK. *Jurnal Ilmu Keolahragaan*, 18(1), 7–13.
- Bafirman. (2008). *Pembentukan Kondisi Fisik* (Padang).
- Bangsbo, J., Gunnarsson, T. P., Wendell, J., Nybo, L., & Thomassen, M. (2009). Reduced volume and increased training intensity elevate muscle Na⁺-K⁺ pump α2-subunit expression as well as short- and long-term work capacity in humans. *Journal of Applied Physiology*, 107(6), 1771–1780. <https://doi.org/10.1152/japplphysiol.00358.2009>
- Bartoloni, B., Mannelli, M., Gamberi, T., & Fiaschi, T. (2024). The Multiple Roles of Lactate in the Skeletal Muscle. *Cells*, 13(14).
- Bauer, N., Sperlich, B., Holmberg, H.-C., & Engel, F. A. (2022). Effects of high-intensity interval training in school on the physical performance and health of children and adolescents: a systematic review with meta-analysis. *Sports Medicine-Open*, 8(1), 50.
- Belegišanin, B. (2017). Effects of high intensity interval training on aerobic fitness in elite Serbian soccer players. *Exercise and Quality of Life*, 9(2), 13–17. <https://doi.org/10.31382/eqol.171202>
- Biro, G. P. (2022). Oxygen and ATP: the Energy Economy of the Cell. In *Blood substitutes and oxygen biotherapeutics* (pp. 21–32). Springer.
- Bjelić, B., Milanović, L., Aksović, N., Zelenović, M., & Božić, D. (2020). Effects of physical activity to cardiorespiratory changes. *Turkish Journal of Kinesiology*, 6(4), 164–174.
- Björklund, G., Swarén, M., Norman, M., Alonso, J., & Johansson, F. (2020). Metabolic Demands, Center of Mass Movement and Fractional Utilization of V' O₂ max in Elite Adolescent Tennis Players During On-Court Drills. *Frontiers in Sports and Active Living*, 2, 92.
- Bompa, T., & Michael, C. (2015). *Conditioning Young Athletes* (USA).

- Bompa, T. O., Pasquale, M. Di, Cornacchia, L. J., Tudor, O., Pasquale, M. Di, & Cornacchia, L. J. (2003). *SERIOUS STRENGTH TRAINING* (J. Klug (ed.)). Human Kinetics.
- Brandão, L. H. A., Chagas, T. P. N., Vasconcelos, A. B. S., de Oliveira, V. C., Fortes, L. de S., De Almeida, M. B., Mendes Netto, R. S., Del-Vecchio, F. B., Neto, E. P., & Chaves, L. M. S. (2020). Physiological and performance impacts after field supramaximal high-intensity interval training with different work-recovery duration. *Frontiers in Physiology*, 11, 1075.
- Braun-Trocchio, R., Graybeal, A. J., Kreutzer, A., Warfield, E., Renteria, J., Harrison, K., Williams, A., Moss, K., & Shah, M. (2022). Recovery strategies in endurance athletes. *Journal of Functional Morphology and Kinesiology*, 7(1), 22.
- Brian, M. (2005). *The Nine Key Elements of Fitness* (London).
- Brooks, G. A., Arevalo, J. A., Osmond, A. D., Leija, R. G., Curl, C. C., & Tovar, A. P. (2022). Lactate in contemporary biology: a phoenix risen. *The Journal of Physiology*, 600(5), 1229–1251.
- Bruce, A. (2005). *The Biophysical Foundations of Human Movement* (USA).
- Burgomaster, K. A., Howarth, K. R., Phillips, S. M., Rakobowchuk, M., Macdonald, M. J., Mcgee, S. L., & Gibala, M. J. (2008). Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. *Journal of Physiology*, 586(1), 151–160. <https://doi.org/10.1113/jphysiol.2007.142109>
- Casado, A., Hanley, B., Santos-Concejero, J., & Ruiz-Pérez, L. M. (2021). World-class long-distance running performances are best predicted by volume of easy runs and deliberate practice of short-interval and tempo runs. *The Journal of Strength & Conditioning Research*, 35(9), 2525–2531.
- Cece, V., Guillet-Descas, E., Tessier, D., & Martinent, G. (2022). Athletes' motivational and emotional outcomes related to a Need-Supportive intervention in intensive training centers. *Journal of Applied Sport Psychology*, 34(6), 1206–1226.
- Chadir, R., & Komaini, A. (2019). PENGARUH LATIHAN INTERVAL EKSTENSIF TERHADAP DAYA TAHAN KARDIOVASKULER PEMAIN SSB PUTRA WIJAYA PADANG Rizky. *Angewandte Chemie International Edition*, 6(11), 951–952., 2(3), 289–299.
- Charest, J., & Grandner, M. A. (2022). Sleep and athletic performance: impacts on physical performance, mental performance, injury risk and recovery, and mental health: an update. *Sleep Medicine Clinics*, 17(2), 263–282.
- Chen, C.-Y., Chou, C.-C., Lin, K.-X., Mündel, T., Chen, M.-T., Liao, Y.-H., & Tsai, S.-C. (2022). A sports nutrition perspective on the impacts of hypoxic high-intensity interval training (HIIT) on appetite regulatory mechanisms: a narrative review of the current evidence. *International Journal of Environmental Research and Public Health*, 19(3), 1736.

- Cheng, R., & Bergmann, J. H. M. (2022). Impact and workload are dominating on-field data monitoring techniques to track health and well-being of team-sports athletes. *Physiological Measurement*, 43(3), 03TR01.
- Christensen, P. M., Krstrup, P., Gunnarsson, T. P., Kiilerich, K., Nybo, L., & Bangsbo, J. (2011). VO₂ kinetics and performance in soccer players after intense training and inactivity. *Medicine and Science in Sports and Exercise*, 43(9), 1716–1724. <https://doi.org/10.1249/mss.0b013e318211c01a>
- Coates, A. M., Joyner, M. J., Little, J. P., Jones, A. M., & Gibala, M. J. (2023). A perspective on high-intensity interval training for performance and health. *Sports Medicine*, 53(Suppl 1), 85–96.
- Connor, M., Beato, M., & O'Neill, M. (2022). Adaptive athlete training plan generation: An intelligent control systems approach. *Journal of Science and Medicine in Sport*, 25(4), 351–355.
- Cooke, M., & Wu, S. S. X. (2020). Energy for sport and exercise. In *Nutrition for Sport, Exercise and Performance* (pp. 23–37). Routledge.
- Dambroz, F., Clemente, F. M., & Teoldo, I. (2022). The effect of physical fatigue on the performance of soccer players: A systematic review. *PloS One*, 17(7), e0270099.
- de Villarreal, E. S., Molina, J. G., de Castro-Maqueda, G., & Gutiérrez-Manzanedo, J. V. (2021). Effects of plyometric, strength and change of direction training on high-school basketball player's physical fitness. *Journal of Human Kinetics*, 78(1), 175–186.
- Deng, J., & Walther, A. (2020). ATP-responsive and ATP-fueled self-assembling systems and materials. *Advanced Materials*, 32(42), 2002629.
- Denham, J. S. A. F. and B. J. O. (2015). *Four Weeks Of Sprint Interval Training Improves 5-Km Run Performance*. *Journal of Strength and Conditioning Research*. Vol. 29(No. 8), 2137.
- Dewi, laelatul B. (2009). *Fisiologi Olahraga* (Bandung).
- Dhawan, D., & Sharma, S. (2020). Abdominal obesity, adipokines and non-communicable diseases. *The Journal of Steroid Biochemistry and Molecular Biology*, 203, 105737.
- Drouzas, V., Katsikas, C., Zafeiridis, A., Jamurtas, A. Z., & Bogdanis, G. C. (2020). Unilateral plyometric training is superior to volume-matched bilateral training for improving strength, speed and power of lower limbs in preadolescent soccer athletes. *Journal of Human Kinetics*, 74(1), 161–176.
- Dupon, G., Akakpo, K., & Berthoin, S. (2005). THE EFFECT OF IN-SEASON,HIGH-INTENSITY INTERVAL TRAINING IN SOCCER PLAYERS GRE'. *Lingual*, 33(3), 224–229.
- Dwi, D. R. A. S., Asmawi, M., Wasan, A., & Widiastuti. (2018). Pengaruh Metode Latihan dan Power Tungkai Terhadap Peningkatan Kecepatan Akselerasi Sprint. *Jurnal Olahraga*, 3(2), 62–69.

- Edriss, S., Romagnoli, C., Caprioli, L., Zanella, A., Panichi, E., Campoli, F., Padua, E., Annino, G., & Bonaiuto, V. (2024). The Role of Emergent Technologies in the Dynamic and Kinematic Assessment of Human Movement in Sport and Clinical Applications. *Applied Sciences*, 14(3), 1012.
- Ferretti, G., Fagoni, N., Taboni, A., Vinetti, G., & di Prampero, P. E. (2022). A century of exercise physiology: key concepts on coupling respiratory oxygen flow to muscle energy demand during exercise. *European Journal of Applied Physiology*, 122(6), 1317–1365.
- Figueiredo, C., Lira, F. S., Rossi, F. E., Billaut, F., Loschi, R., & Padilha, C. S. (2020). Multi-ingredient pre-workout supplementation changes energy system contribution and improves performance during high-intensity intermittent exercise in physically active individuals: A double-blind and placebo controlled study. *Journal of the International Society of Sports Nutrition*, 17(1), 30.
- Franchini, E. (2020). High-intensity interval training prescription for combat-sport athletes. *International Journal of Sports Physiology and Performance*, 15(6), 767–776.
- Frank, R. V. (1980). *Measurrement Concept in Physical Education* (St. Louis).
- Fransson, D., Nielsen, T. S., Olsson, K., Christensson, T., Bradley, P. S., Fatouros, I. G., Krstrup, P., Nordsborg, N. B., & Mohr, M. (2018). Skeletal muscle and performance adaptations to high-intensity training in elite male soccer players: speed endurance runs versus small-sided game training. *European Journal of Applied Physiology*, 118(1), 111–121. <https://doi.org/10.1007/s00421-017-3751-5>
- Furrer, R., Hawley, J. A., & Handschin, C. (2023). The molecular athlete: exercise physiology from mechanisms to medals. *Physiological Reviews*.
- Fyfe, J. J., Hamilton, D. L., & Daly, R. M. (2022). Minimal-dose resistance training for improving muscle mass, strength, and function: a narrative review of current evidence and practical considerations. *Sports Medicine*, 52(3), 463–479.
- Ganesha Putera. (2010). *Kutak Katik Latihan Sepak Bola Usia Muda*. villa 2000.
- Gaudette, J. (2020). *Easy Running Plans: Total-Body Training for Speed, Strength, and Endurance*. Sourcebooks, Inc.
- Gibala, M. J., Little, J. P., van Essen, M., Wilkin, G. P., Burgomaster, K. A., Safdar, A., Raha, S., & Tarnopolsky, M. A. (2006). Short-term sprint interval versus traditional endurance training: Similar initial adaptations in human skeletal muscle and exercise performance. *Journal of Physiology*, 575(3), 901–911. <https://doi.org/10.1113/jphysiol.2006.112094>
- Gibala, M. J., & McGee, S. L. (2008). Metabolic adaptations to short-term high-intensity interval training: A little pain for a lot of gain? *Exercise and Sport Sciences Reviews*, 36(2), 58–63. <https://doi.org/10.1097/JES.0b013e318168ec1f>

- Giri, W. (2013a). *Atletik* (Yogyakarta).
- Giri, W. (2013b). *Fisiologi dan Olahraga* (Yogyakarta).
- Giriwijoyo, S., & Sidik, dikdik zafar. (2012). *Ilmu Faal Olahraga*. PT Remaja Rosadakarya.
- Gökkurt, K., & Kivrak, A. O. (2021). The effect of high intensity interval training during eight weeks on speed, agility, and acceleration in U19 soccer players. *Pakistan Journal of Medical and Health Sciences*, 15(8), 2390–2395.
- Görner, K., & Reineke, A. (2020). The influence of endurance and strength training on body composition and physical fitness in female students. *Journal of Physical Education and Sport*, 20, 2013–2020.
- Grandou, C., Wallace, L., Coutts, A. J., Bell, L., & Impellizzeri, F. M. (2020). Symptoms of overtraining in resistance exercise: international cross-sectional survey. *International Journal of Sports Physiology and Performance*, 16(1), 80–89.
- Granero-Gallegos, A., González-Quílez, A., Plews, D., & Carrasco-Poyatos, M. (2020). HRV-based training for improving VO₂max in endurance athletes. A systematic review with meta-analysis. *International Journal of Environmental Research and Public Health*, 17(21), 7999.
- Gunnarsson, T. P., Christensen, P. M., Thomassen, M., Nielsen, L. R., & Bangsbo, J. (2013). Effect of intensified training on muscle ion kinetics, fatigue development, and repeated short-term performance in endurance-trained cyclists. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, 305(7), 811–821. <https://doi.org/10.1152/ajpregu.00467.2012>
- Guntur Y.S. (2018). *Pengaruh Metode Latihan dan Kapasitas Aerobik Terhadap Peningkatan Kapasitas Dayatahan Anaerobik Atlet Taekwondo*.
- Hanif, A. S. (2011). *Kepelatihan Dasar Sepaktakraw* (Jakarta).
- Hardika, N. (2013). Pengaruh Interval Training Terhadap Peningkatan VO₂MAX Pada Pemain Tim Sepak Bola Mahasiswa STKIP PGRI Pontianak. *Pendidikan Olahraga*, 2(1), 178–191.
- Hargreaves, M., & Spriet, L. L. (2020). Skeletal muscle energy metabolism during exercise. *Nature Metabolism*, 2(9), 817–828.
- Hari, S. (2007). *Pengetahuan Teknik Higiene Olahraga*.
- Harsono. (2001). *Latihan Kondisi Fisik*. UPI.
- Harsono. (1988). *Coaching dan Aspek-Aspek Psikologis dalam Coaching*. C.V Tambak Kusuma.
- Harsono. (2015). *Kepelatihan Olahraga* (Bandung).
- Helgerud, J., Engen, L. C., U. W., & Hoff, J. (2001). *Aerobic endurance training improves soccer*. MEDICINE & SCIENCE IN SPORTS & EXERCISE.

- Hidayat, S. (2010). *Pengantar Umum Metodologi Penelitian Pendidikan* (Yogyakarta).
- Hostrup, M., & Bangsbo, J. (2023). Performance adaptations to intensified training in top-level football. *Sports Medicine*, 53(3), 577–594.
- Hough, P. (2021). High-intensity interval training. In *Advanced personal training* (pp. 171–203). Routledge.
- Howard, N., & Stavrianeas, S. (2017). In Season High Intensity Interval Training Improves Conditioning In High School Soccer Players. *International Journal of Exercise Science*, 10(5), 713–720.
- Hulton, A. T., Malone, J. J., Clarke, N. D., & MacLaren, D. P. M. (2022). Energy requirements and nutritional strategies for male soccer players: A review and suggestions for practice. *Nutrients*, 14(3), 657.
- Impellizzeri, F. M., Menaspà, P., Coutts, A. J., Kalkhoven, J., & Menaspà, M. J. (2020). Training load and its role in injury prevention, part I: back to the future. *Journal of Athletic Training*, 55(9), 885–892.
- Ingebrigtsen, J., Shalfawi, S. A., Tonnessen, E., Krstrup, P., & Holtermann, A. (2013). *Performance Effects Of 6weeks Of Aerobic Production Training In Junior Elite Soccer Players*. 27(277), 1861–1867.
- Irianto, D. . (2002). *Dasar Kepelatihan*. UNY Press.
- Jadhav, R. (2020). Effect of fartlek training on speed and endurance among athletes. *International Journal of Multidisciplinary Educational Research*, 9(12), 123–129.
- James, T. (2012). *Kepelatihan Olahraga* (Jakarta).
- Jansen. (1989). *Training Lactate Pulse Polar Electro*. Publishing Finlandia Klisauras.
- Jatra, R. (2017). PENGARUH METODE LATIHAN INTERVAL EKSTENSIF DAN FARTLEK WASIT SEPAKBOLA KOTA PADANG Rices Jatra Universitas Islam Riau Email : ricesjatra3101@gmail.com Journal Sport Area Penjaskesrek FKIP Universitas Isla. *Sport Area*, 2(1), 79–87.
- Jhon, S. (2007). *Speed Development For Master* (London).
- Johansyah, L. (2013). *Panduan Praktis Penyusunan Program Latihan* (Jakarta).
- John, G., & Juliette, H. (2005). *Exercise Therapy Prevention and Treatment Of Disease* (USA).
- John, M. E., & Hassan, S. (2013). *Kamus Inggris Indonesia* (Jakarta).
- John, S. (2009). *Paractical Speed Training* (London).
- Jonathan, A. P. (2011). *Coaching Track and Field* (London).
- Jordan, A. C., Perry, C. G. R., & Cheng, A. J. (2021). Promoting a pro-oxidant state in skeletal muscle: Potential dietary, environmental, and exercise interventions

- for enhancing endurance-training adaptations. *Free Radical Biology and Medicine*, 176, 189–202.
- Junusul, H. (2003). *Daya Tahan Aerobik*.
- Kadir. (2010). *Statistik Untuk Penelitian Ilmu - Ilmu Sosial di Lengkapi Dengan Output Program SPSS* (Jakarta).
- Kalyani, P. (2004). *The Massage Connection Anatomi and Physiology* (Canada).
- Kang, J., Ye, Z., Yin, X., Zhou, C., & Gong, B. (2022). Effects of Concurrent Strength and HIIT-Based Endurance Training on Physical Fitness in Trained Team Sports Players: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*, 19(22), 14800.
- Kelly, D. T., Cregg, C. J., O'Connor, P. L., Cullen, B. D., & Moyna, N. M. (2021). Physiological and performance responses of sprint interval training and endurance training in Gaelic football players. *European Journal of Applied Physiology*, 121(8), 2265–2275.
- Kemenpora. (2007). *Pelatihan Pelatih Fisik Level I*. kemenpora.
- Ketelhut, S., & Ketelhut, R. G. (2020). Type of exercise training and training methods. *Physical Exercise for Human Health*, 25–43.
- Kolnes, K. J., Petersen, M. H., Lien-Iversen, T., Højlund, K., & Jensen, J. (2021). Effect of exercise training on fat loss—Energetic perspectives and the role of improved adipose tissue function and body fat distribution. *Frontiers in Physiology*, 12, 737709.
- Kraemer, W. J., Ratamess, N. A., Hymer, W. C., Nindl, B. C., & Fragala, M. S. (2020). Growth hormone (s), testosterone, insulin-like growth factors, and cortisol: roles and integration for cellular development and growth with exercise. *Frontiers in Endocrinology*, 11, 33.
- Kramer, A. (2020). An overview of the beneficial effects of exercise on health and performance. *Physical Exercise for Human Health*, 3–22.
- Krustrup, P., Mohr, M., Nybo, L., Jensen, J. M., Nielsen, J. J., & Bangsbo, J. (2006). The Yo-Yo IR2 test: Physiological response, reliability, and application to elite soccer. *Medicine and Science in Sports and Exercise*, 38(9), 1666–1673. <https://doi.org/10.1249/01.mss.0000227538.20799.08>
- Kulothungan, P., Sekarbabu, K., & Moorthy, B. S. (2019). Effect of intensive and extensive interval training on maximal oxygen uptake (Vo 2 max) among kho-kho players. *International Journal of Yogic, Human Movement and Sports Sciences*, 4(1), 937–940.
- La Monica, M. B., Fukuda, D. H., Starling-Smith, T. M., Clark, N. W., & Panissa, V. L. G. (2020). Alterations in energy system contribution following upper body sprint interval training. *European Journal of Applied Physiology*, 120, 643–651.
- Leddy, J. J., Master, C. L., Mannix, R., Wiebe, D. J., Grady, M. F., Meehan, W. P.,

- Storey, E. P., Vernau, B. T., Brown, N. J., & Hunt, D. (2021). Early targeted heart rate aerobic exercise versus placebo stretching for sport-related concussion in adolescents: a randomised controlled trial. *The Lancet Child & Adolescent Health*, 5(11), 792–799.
- Lee, J., & Zhang, X. L. (2021). Physiological determinants of VO_{2max} and the methods to evaluate it: A critical review. *Science & Sports*, 36(4), 259–271.
- Lee, K. H., Lee, K., & Choi, Y. C. (2020). Very short-term high-intensity interval training in high school soccer players. *Journal of Men's Health*, 16(2), e1–e8. <https://doi.org/10.15586/JOMH.V16I2.211>
- Lee, S., Choi, Y., Jeong, E., Park, J., Kim, J., Tanaka, M., & Choi, J. (2023). Physiological significance of elevated levels of lactate by exercise training in the brain and body. *Journal of Bioscience and Bioengineering*, 135(3), 167–175.
- Li, X., & Xue, K. (2024). Optimizing Short Sprint Interval Training for Young Soccer Players: Unveiling Optimal Rest Distributions to Maximize Physiological Adaptations. *Journal of Sports Science & Medicine*, 23(2), 475.
- Liu, G., & Li, H. (2024). High-Intensity Interval Training (HIIT): Impacts on Cardiovascular Fitness and Muscle Development. *Revista de Psicología Del Deporte (Journal of Sport Psychology)*, 33(2), 210–219.
- Liu, Y., Abdullah, B. Bin, & Abu Saad, H. Bin. (2024). Effects of high-intensity interval training on strength, speed, and endurance performance among racket sports players: A systematic review. *Plos One*, 19(1), e0295362.
- Ma, X., Cao, Z., Zhu, Z., Chen, X., Wen, D., & Cao, Z. (2023). VO_{2max} (VO_{2peak}) in elite athletes under high-intensity interval training: A meta-analysis. *Heliyon*, 9(6).
- Manuel Clemente, F., Ramirez-Campillo, R., Nakamura, F. Y., & Sarmento, H. (2021). Effects of high-intensity interval training in men soccer player's physical fitness: A systematic review with meta-analysis of randomized-controlled and non-controlled trials. *Journal of Sports Sciences*, 39(11), 1202–1222.
- Maunder, E., Seiler, S., Mildenhall, M. J., Kilding, A. E., & Plews, D. J. (2021). The importance of 'durability' in the physiological profiling of endurance athletes. *Sports Medicine*, 51, 1619–1628.
- McKenna, M. J., Bangsbo, J., & Renaud, J. M. (2008). Muscle K+, Na+, and Cl- disturbances and Na+-K+ pump inactivation: Implications for fatigue. *Journal of Applied Physiology*, 104(1), 288–295. <https://doi.org/10.1152/japplphysiol.01037.2007>
- Mileva, K. N., & Zaidell, L. (2022). Sport and exercise science and health. In *Health studies: An introduction* (pp. 85–124). Springer.
- Mohr, M., Krstrup, P., & Bangsbo, J. (2005). Fatigue in soccer: A brief review. *Journal of Sports Sciences*, 23(6), 593–599.

<https://doi.org/10.1080/02640410400021286>

- Mohr, M., Krstrup, P., Nielsen, J. J., Nybo, L., Rasmussen, M. K., Juel, C., & Bangsbo, J. (2007). Effect of two different intense training regimens on skeletal muscle ion transport proteins and fatigue development. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, 292(4), 1594–1602. <https://doi.org/10.1152/ajpregu.00251.2006>
- Moro, T., Marcolin, G., Bianco, A., Bolzetta, F., Berton, L., Sergi, G., & Paoli, A. (2020). Effects of 6 weeks of traditional resistance training or high intensity interval resistance training on body composition, aerobic power and strength in healthy young subjects: A randomized parallel trial. *International Journal of Environmental Research and Public Health*, 17(11), 4093.
- Mubarok, M. Z. (2018). *Pengaruh Metode Latihan Interval dan Kemampuan Agility terhadap Peningkatan Kemampuan Dribling Permainan Sepak Bola*. 8(2). <https://doi.org/10.35194/jm.v8i2.924>
- Mueller, S., Winzer, E. B., Duvinage, A., Gevaert, A. B., Edelmann, F., Haller, B., Pieske-Kraigher, E., Beckers, P., Bobenko, A., & Hommel, J. (2021). Effect of high-intensity interval training, moderate continuous training, or guideline-based physical activity advice on peak oxygen consumption in patients with heart failure with preserved ejection fraction: a randomized clinical trial. *Jama*, 325(6), 542–551.
- Muhajir. (2007). *Pendidikan Jasmani Olahraga dan Kesehatan*. Yudistira.
- Müller, D. C., Boeno, F. P., Izquierdo, M., Aagaard, P., Teodoro, J. L., Grazioli, R., Cunha, G., Ferrari, R., de Asteasu, M. L. S., & Pinto, R. S. (2021). Effects of high-intensity interval training combined with traditional strength or power training on functionality and physical fitness in healthy older men: A randomized controlled trial. *Experimental Gerontology*, 149, 111321.
- Nader, G. A., & Esser, K. A. (2001). Intracellular signaling specificity in skeletal muscle in response to different modes of exercise. *Journal of Applied Physiology*, 90(5), 1936–1942. <https://doi.org/10.1152/jappl.2001.90.5.1936>
- Nagorsky, E., & Wiemeyer, J. (2020). The structure of performance and training in esports. *PloS One*, 15(8), e0237584.
- Nana, S. S. (2011). *Metode Penelitian Pendidikan* (Bandung).
- Narici, M., Vito, G. De, Franchi, M., Paoli, A., Moro, T., Marcolin, G., Grassi, B., Baldassarre, G., Zuccarelli, L., & Biolo, G. (2021). Impact of sedentarism due to the COVID-19 home confinement on neuromuscular, cardiovascular and metabolic health: Physiological and pathophysiological implications and recommendations for physical and nutritional countermeasures. *European Journal of Sport Science*, 21(4), 614–635.
- Nguyen, C. (2020). The impact of training and development, job satisfaction and job performance on young employee retention. *Job Satisfaction and Job Performance on Young Employee Retention (May 1, 2020)*.

- Nuuttila, O.-P., Nummela, A., Häkkinen, K., Seipäjärvi, S., & Kyröläinen, H. (2021). Monitoring training and recovery during a period of increased intensity or volume in recreational endurance athletes. *International Journal of Environmental Research and Public Health*, 18(5), 2401.
- Otte, F. W., Davids, K., Millar, S.-K., & Klatt, S. (2020). Specialist role coaching and skill training periodisation: a football goalkeeping case study. *International Journal of Sports Science & Coaching*, 15(4), 562–575.
- Pareja-Blanco, F., Rodríguez-Rosell, D., Aagaard, P., Sánchez-Medina, L., Ribas-Serna, J., Mora-Custodio, R., Otero-Esquina, C., Yáñez-García, J. M., & González-Badillo, J. J. (2020). Time course of recovery from resistance exercise with different set configurations. *The Journal of Strength & Conditioning Research*, 34(10), 2867–2876.
- Pattyn, N., Cornelissen, V. A., Buys, R., Lagae, A. S., Leliaert, J., & Vanhees, L. (2016). Are aerobic interval training and continuous training isocaloric in coronary artery disease patients? *European Journal of Preventive Cardiology*, 23(14), 1486–1495. <https://doi.org/10.1177/2047487316645468>
- Phil Davies. (2005). *Total Soccer Fitness*.
- Plotkin, D. L., Roberts, M. D., Haun, C. T., & Schoenfeld, B. J. (2021). Muscle fiber type transitions with exercise training: shifting perspectives. *Sports*, 9(9), 127.
- Plotkin, D. L., Rodas, M. A., Vigotsky, A. D., McIntosh, M. C., Breeze, E., Ubrik, R., Robitzsch, C., Agyin-Birikorang, A., Mattingly, M. L., & Michel, J. M. (2023). Hip thrust and back squat training elicit similar gluteus muscle hypertrophy and transfer similarly to the deadlift. *Frontiers in Physiology*, 14, 1279170.
- Pol, R., Balagué, N., Ric, A., Torrents, C., Kiely, J., & Hristovski, R. (2020). Training or synergizing? Complex systems principles change the understanding of sport processes. *Sports Medicine-Open*, 6, 1–13.
- Program PPs UNJ. (2012). *Buku Pedoman Penulisan Tesis dan Disertasi* (Jakarta).
- Pye, J. A. (2009). *practical speed training* (J. Shepherd (ed.)). P2P Publishing Ltd.
- Qiu, Y., Fernández-García, B., Lehmann, H. I., Li, G., Kroemer, G., López-Otín, C., & Xiao, J. (2023). Exercise sustains the hallmarks of health. *Journal of Sport and Health Science*, 12(1), 8–35.
- Rasmussen, L. J. T., Glăveanu, V. P., & Østergaard, L. D. (2022). “The principles are good, but they need to be integrated in the right way”: Experimenting with creativity in elite youth soccer. *Journal of Applied Sport Psychology*, 34(2), 294–316.
- Ravindra, P. V., Janhavi, P., Divyashree, S., & Muthukumar, S. P. (2022). Nutritional interventions for improving the endurance performance in athletes. *Archives of Physiology and Biochemistry*, 128(4), 851–858.
- Reilly, T. (2007). *The Science of Training-Soccer*. Routledge.

- Renshaw, I., Davids, K., O'Sullivan, M., Maloney, M. A., Crowther, R., & McCosker, C. (2022). An ecological dynamics approach to motor learning in practice: Reframing the learning and performing relationship in high performance sport. *Asian Journal of Sport and Exercise Psychology*, 2(1), 18–26.
- Ria, L. (2013). *Teori Kepelatihan Olahraga* (Jakarta).
- Ribeiro, J., Davids, K., Silva, P., Coutinho, P., Barreira, D., & Garganta, J. (2021). Talent development in sport requires athlete enrichment: contemporary insights from a nonlinear pedagogy and the athletic skills model. *Sports Medicine*, 51, 1115–1122.
- Riduwan. (2009). *Dasar - Dasar Statistik* (Bandung).
- Rigoulet, M., Bouchez, C. L., Paumard, P., Ransac, S., Cuvelier, S., Duvezin-Caubet, S., Mazat, J. P., & Devin, A. (2020). Cell energy metabolism: An update. *Biochimica et Biophysica Acta (BBA)-Bioenergetics*, 1861(11), 148276.
- Roger, B., & Jim, C. (2009). *The Theory and Practice of Training* (London and).
- Rønnestad, B. R., Hansen, J., Nygaard, H., & Lundby, C. (2020). Superior performance improvements in elite cyclists following short-interval vs effort-matched long-interval training. *Scandinavian Journal of Medicine & Science in Sports*, 30(5), 849–857.
- Rosenblat, M. A., Perrotta, A. S., & Thomas, S. G. (2020). Effect of high-intensity interval training versus sprint interval training on time-trial performance: a systematic review and meta-analysis. *Sports Medicine*, 50, 1145–1161.
- Rowan, A. E., Kueffner, T. E., & Stavrianeas, S. (2012). Short Duration High-Intensity Interval Training Improves Aerobic Conditioning of Female College Soccer Players. *International Journal of Exercise Science*, 5(3), 232–238.
- Ruddock, A., James, L., French, D., Rogerson, D., Driller, M., & Hembrough, D. (2021). High-intensity conditioning for combat athletes: Practical recommendations. *Applied Sciences*, 11(22), 10658.
- Russomando, L., Bono, V., Mancini, A., Terracciano, A., Cozzolino, F., Imperlini, E., Orrù, S., Alfieri, A., & Buono, P. (2020). The effects of short-term high-intensity interval training and moderate intensity continuous training on body fat percentage, abdominal circumference, BMI and vo₂max in overweight subjects. *Journal of Functional Morphology and Kinesiology*, 5(2), 41.
- Saghiv, M. S., Sagiv, M. S., Saghiv, M. S., & Sagiv, M. S. (2020a). Cardiovascular Function. *Basic Exercise Physiology: Clinical and Laboratory Perspectives*, 285–369.
- Saghiv, M. S., Sagiv, M. S., Saghiv, M. S., & Sagiv, M. S. (2020b). Oxygen uptake and anaerobic performances. *Basic Exercise Physiology: Clinical and Laboratory Perspectives*, 149–205.
- Scheunemann, T. (2005). *Dasar Sepak Bola Modern*. Dioma Publishing.

- Scheunemann, T. (2008). *14 Ciri Sepak Bola Modern*. Dioma.
- Schmolinsky, G. (1983). *Track and Field*. Sportverlag Berlin.
- Seifert, L., Hacques, G., & Komar, J. (2022). The ecological dynamics framework: An innovative approach to performance in extreme environments: A narrative review. *International Journal of Environmental Research and Public Health*, 19(5), 2753.
- Shaw, I., Triplett, T., & Shaw, B. S. (2022). Resistance training and weight management: Rationale and efficacy. In *Weight Management-Challenges and Opportunities*. IntechOpen.
- Shi, Q., Tong, T. K., Sun, S., Kong, Z., & Kit, C. (2018). Journal of Exercise Science & Fitness In fl uence of recovery duration during 6-s sprint interval exercise on time spent at high rates of oxygen uptake. *Journal of Exercise Science & Fitness*, 16(1), 16–20. <https://doi.org/10.1016/j.jesf.2018.01.001>
- Shiraz, S., Salimei, C., Aracri, M., Di Lorenzo, C., Farsetti, P., Parisi, A., Iellamo, F., Caminiti, G., & Perrone, M. A. (2024). The Effects of High-Intensity Interval Training on Cognitive and Physical Skills in Basketball and Soccer Players. *Journal of Functional Morphology and Kinesiology*, 9(3), 112.
- Sidik, D. Z. (2010). *Pembinaan Kondisi Fisik*. UPI.
- Siekańska, M., Bondár, R. Z., di Fronso, S., Blecharz, J., & Bertollo, M. (2021). Integrating technology in psychological skills training for performance optimization in elite athletes: A systematic review. *Psychology of Sport and Exercise*, 57, 102008.
- Smith, S., Patwary, M., Norick, B., LeGresley, P., Rajbhandari, S., Casper, J., Liu, Z., Prabhumoye, S., Zerveas, G., & Korthikanti, V. (2022). Using deepspeed and megatron to train megatron-turing nlg 530b, a large-scale generative language model. *ArXiv Preprint ArXiv:2201.11990*.
- Sneyers, J. (1988). *Sepak Bola Latihan dan Strategi Bermain*. Rosda Jaya.
- Snyder, S. (2024). Energy Systems. In *Clinical Nutrition in Athletic Training* (pp. 41–48). Routledge.
- Spano, M. A., Kruskall, L. J., & Thomas, D. T. (2023). *Nutrition for sport, exercise, and health*. Human Kinetics.
- Stamatis, A., Morgan, G. B., Cowden, R. G., & Koutakis, P. (2023). Conceptualizing, measuring, and training mental toughness in sport: Perspectives of master strength and conditioning coaches. *Journal for the Study of Sports and Athletes in Education*, 17(1), 1–28.
- Sucipto. (2000). *Sepak Bola*. FPOK UPI.
- Sugiyono. (2010). *Metode Penelitian Pendidikan Kuantitatif, Kualitatif dan R&D*. Alfabeta.
- Suharisimi, A. (2013). *Prosedur Penelitian Suatu Pendekatan Praktik* (Jakarta).

- Suhdy, M. (2018). Pengaruh Metode Latihan Interval Intensif dan Interval Ekstensif terhadap Peningkatan VO₂ Max. *Gelanggang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)*, 1(2), 1–10. <https://doi.org/10.31539/jpjo.v1i2.130>
- Sukadianto, & Muluk, D. (2011). *Pengantar Teori dan Metodologi Melatih Fisik*. Lubuk Agung.
- Sukadiyanto, & Dangsina, M. (2011). *Pengantar Teori dan Metodologi Melatih Fisik*. (Bandung).
- Sukendro, & Ade, S. (2012). *Metodologi Penelitian Olahraga* (Jambi).
- Susilo, A. (2016). Pengaruh Metode Latihan Interval Ekstensif dan Intensif Terhadap Prestasi Lari 400 Meter Putra Atlet PASI Riau. *Sport Area*, 1(2), 1–9. [https://doi.org/https://doi.org/10.25299/sportarea.2016.vol1\(2\).382](https://doi.org/https://doi.org/10.25299/sportarea.2016.vol1(2).382)
- Syaafrudin. (2011). *Ilmu Kepelatihan Olahraga*. Fakultas Ilmu Keolahragaan Universitas Negeri Padang.
- Syafruddin. (2011). *Ilmu Kepelatihan Olahraga* (UNP).
- Syarif Hidayat. (2014). *Pelatihan Olahraga; Teori dan Metodologi*. Graha Ilmu.
- Tangkudung, J., & Puspitorini, W. (2016). *Macam-Macam Metodologi penelitian*. Lensa Media Pustaka Indonesia.
- Tatu Tiihonen. (2014). *Tactical Metabolic Conditioning For Junior Footballer's*. University of Applied Sciences.
- Thomassen, M., Christensen, P. M., Gunnarsson, T. P., Nybo, L., & Bangsbo, J. (2010). Effect of 2-wk intensified training and inactivity on muscle Na⁺-K⁺ pump expression, phospholemman (FXYDI) phosphorylation, and performance in soccer players. *Journal of Applied Physiology*, 108(4), 898–905. <https://doi.org/10.1152/japplphysiol.01015.2009>
- Thurlow, F., Weakley, J., Townshend, A. D., Timmins, R. G., Morrison, M., & McLaren, S. J. (2023). The acute demands of repeated-sprint training on physiological, neuromuscular, perceptual and performance outcomes in team sport athletes: a systematic review and meta-analysis. *Sports Medicine*, 53(8), 1609–1640.
- Tite Julianine,Yunyun Yudiana, H. S. (2008). *Dasar-Dasar Kepelatihan*. Universitas Terbuka.
- Tortu, E., Ouergui, I., Ulupinar, S., Özbay, S., Gençoğlu, C., & Ardigò, L. P. (2024). The contribution of energy systems during 30-second lower body Wingate anaerobic test in combat sports athletes: Intermittent versus single forms and gender comparison. *Plos One*, 19(5), e0303888.
- Ulum, M. F. (2013). Pengaruh Latihan Interval Pendek terhadap peningkatan Dayatahan Anaerobik Pada pemain Hoki SMA Negeri 16 Semarang. *E-Journal Kesehatan Olahraga FIK UNESA*, 2(1), 6–7.

- Ulupınar, S., Hazır, T., & Kin İşler, A. (2023). The contribution of energy systems in repeated-sprint protocols: The effect of distance, rest, and repetition. *Research Quarterly for Exercise and Sport, 94*(1), 173–179.
- Ulupınar, S., Özbay, S., Gençoğlu, C., Franchini, E., Kışalı, N. F., & Ince, I. (2021). Effects of sprint distance and repetition number on energy system contributions in soccer players. *Journal of Exercise Science & Fitness, 19*(3), 182–188.
- Vella-Fondacaro, D., & Romano-Smith, S. (2023). The Impact of a Psychological Skills Training and Mindfulness-Based Intervention on the Mental Toughness, Competitive Anxiety, and Coping Skills of Futsal Players—A Longitudinal Convergent Mixed-Methods Design. *Sports, 11*(9), 162.
- Vern, G. (2007). *Athletic development The Art & Science of Functional Sports Conditioning* (USA).
- Vila Pouca, M. C. P., Parente, M. P. L., Natal Jorge, R. M., DeLancey, J. O. L., & Ashton-Miller, J. A. (2022). Pelvic floor muscle injury during a difficult labor. Can tissue fatigue damage play a role? *International Urogynecology Journal, 33*(2), 211–220.
- Wang, L., Huddleston, S., & Peng, L. (2003). Psychological skill use by Chinese swimmers. *International Sports Journal, 48*–55.
- Wawan, T. . (2012). *Menjadi Pemain Hebat Sekalipun Tanpa Bakat*. Wartapena.
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga* (Jakarta).
- Yamin, A., & Gusril. (2020). PENGARUH LATIHAN INTERVAL INTENSIF DAN INTERVAL EKSTENSIF TERHADAP PENINGKATAN VOLUME OKSIGEN MAKSIMAL (VO₂ Max) PEMAIN SEKOLAH SEPAK BOLA PENGCAB MANDAILING NATAL. *Stamina, 1*(1), 17–30.
- Yunyun, Y., Herman, S., & Tite, J. (2008). *Dasar - Dasar Kepelatihan* (Jakarta).
- Yusuf, K. (1985). *Sepak Bola, Program Pembinaan Pemain Ideal*. PT Gramedia.
- Zhao, D., Liu, H., Yang, W., Ho, I. M. K., Poon, E. T.-C., Su, Y., Guo, Y., Huang, Y., & Li, Q. (2024). Effects of low-volume court-based sprint interval training on anaerobic capacity and sport-specific performance in competitive tennis players. *Scientific Reports, 14*(1), 19131.
- Zulbahri, Erianti, Astuti, Y., & Rosmawati. (2020). PELATIHAN METODE INTERVAL EKSTENSIF TERHADAP KEMAMPUAN DAYA TAHAN AEROBIK. *Jurnal Abdidas, 1*(3), 109–118.