

## DAFTAR PUSTAKA

- Beckers, P. J., & Gevaert, A. B. (2020). High intensity interval training for heart failure with preserved ejection fraction: High hopes for intense exercise. In *European Journal of Preventive Cardiology* (Vol. 27, Issue 16, pp. 1730–1732). SAGE Publications Inc. <https://doi.org/10.1177/2047487320910294>
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization Theory and Methodology of Training Sixth Edition*.
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization Theory and Methodology of Training Sixth Edition*.
- Cissik, J. M. ., & Barnes, Michael. (2011). *Sport speed and agility training*. Coaches Choice.
- Festiawan, R., Suharjana, S., Priyambada, G., & Febrianta, Y. (2020). High intensity interval training dan fartlek training: Pengaruhnya terhadap tingkat VO2 Max. *Jurnal Keolahragaan*, 8(1). <https://doi.org/10.21831/jk.v8i1.31076>
- Gamble, & Paul. (2019). *Training for SPORTS Speed and agiliTy*.
- Gunnarsson, T. P., Christensen, P. Mø., Holse, K., Christiansen, D., & Bangsbo, J. (2012). Effect of additional speed endurance training on performance and muscle adaptations. *Medicine and Science in Sports and Exercise*, 44(10), 1942–1948. <https://doi.org/10.1249/MSS.0b013e31825ca446>
- Iaia, F. M., & Bangsbo, J. (2010a). Speed endurance training is a powerful stimulus for physiological adaptations and performance improvements of athletes. In *Scandinavian Journal of Medicine and Science in Sports* (Vol. 20, Issue SUPPL. 2, pp. 11–23). <https://doi.org/10.1111/j.1600-0838.2010.01193.x>
- Iaia, F. M., & Bangsbo, J. (2010b). Speed endurance training is a powerful stimulus for physiological adaptations and performance improvements of athletes. In *Scandinavian Journal of Medicine and Science in Sports* (Vol. 20, Issue SUPPL. 2, pp. 11–23). <https://doi.org/10.1111/j.1600-0838.2010.01193.x>
- Kriswanto, E. S. (2018). *Pencak silat*.
- Liu, Y., Abdullah, B. Bin, & Saad, H. B. A. (2024). Effects of high-intensity interval training on strength, speed, and endurance performance among racket sports players: A systematic review. In *PLoS ONE* (Vol. 19, Issue 1 January). Public Library of Science. <https://doi.org/10.1371/journal.pone.0295362>
- Lubis, J., Fitrianto, E. J., Sukiri, Haqiyah, A., Setiakarnawijaya, Y., Robianto, A., Sukriadi, S., Nurulfa, R., Irawan, A. A., & Sumartiningsih, S. (2021). Does

aerobic interval training induce a decrease in body weight in pencak silat elite athletes? *Journal of Physical Education and Sport*, 21, 2372–2380. <https://doi.org/10.7752/jpes.2021.s4318>

Lubis, J., Haqiyah, A., Robianto, A., Ihsani, S. I., Wardoyo, H., Ginanjar, S., Irawan, A. A., Sumartiningsih, S., Setiawan, I., Lubis, R. A., Sanjaya, K. H., & Kusumandari, D. E. (2024). The effect of six-week plyometric, functional, and interval trainings on body composition, power, and kicking speed in male Pencak Silat University Athletes. *International Journal of Disabilities Sports and Health Sciences*, 7, 46–53. <https://doi.org/10.33438/ijdshs.1371605>

Marriott, C. F. S., Petrella, A. F. M., Marriott, E. C. S., Boa Sorte Silva, N. C., & Petrella, R. J. (2021). High-Intensity Interval Training in Older Adults: a Scoping Review. In *Sports Medicine - Open*. <https://doi.org/10.1186/s40798-021-00344-4>

Mohr, M., & Krustup, P. (2016). Comparison between two types of anaerobic speed endurance training in competitive soccer players. *Journal of Human Kinetics*, 50(2), 183–192. <https://doi.org/10.1515/hukin-2015-0181>

Muhtar, T. (2020a). *Pencak silat*. books.google.com. [https://books.google.com/books?hl=en&lr=&id=vGvoDwAAQBAJ&oi=fnd&pg=PA1&dq=pencak+silat&ots=VpKIFeHknc&sig=U\\_dabCRAAtVe37HL4q4JQbGuX-R8](https://books.google.com/books?hl=en&lr=&id=vGvoDwAAQBAJ&oi=fnd&pg=PA1&dq=pencak+silat&ots=VpKIFeHknc&sig=U_dabCRAAtVe37HL4q4JQbGuX-R8)

Muhtar, T. (2020b). *Pencak silat*. books.google.com. [https://books.google.com/books?hl=en&lr=&id=vGvoDwAAQBAJ&oi=fnd&pg=PA1&dq=pencak+silat&ots=VpKIFeHknc&sig=U\\_dabCRAAtVe37HL4q4JQbGuX-R8](https://books.google.com/books?hl=en&lr=&id=vGvoDwAAQBAJ&oi=fnd&pg=PA1&dq=pencak+silat&ots=VpKIFeHknc&sig=U_dabCRAAtVe37HL4q4JQbGuX-R8)

Johansyah Lubis & Hendro W (2013) *Pencak Silat edisi ketiga*

Pfingstgraf, I., Ruta, V., Negrean, V., Handru, M., Orășan, O., & Alexescu, T. (2019). High Intensity Interval Training - As good as in Athletes as in subjects with Metabolic Syndrome? *Journal of Mind and Medical Sciences*, 41–46. <https://doi.org/10.22543/7674.61.p4146>

Pratama, R. Y., & Trilaksana, A. (2018). Perkembangan ikatan pencak silat indonesia (ipsi) tahun 1948-1973. *E-Journal Pendidikan Sejarah*. <https://ejournal.unesa.ac.id/index.php/avatara/article/view/25420>

Rost, M., Favaretto, M., & De Clercq, E. (2022). Normality in medicine: an empirical elucidation. *Philosophy, Ethics, and Humanities in Medicine*, 17(1). <https://doi.org/10.1186/s13010-022-00127-z>

Saptono, T., Sumintarsih, S., & Saleh, R. A. P. (2021). Perbandingan Latihan Aerobik Dan Anaerobik Terhadap Tingkat Imunitas Atlet Bolavoli Melalui

Physical Fitness Test. *Jurnal Penjaskesrek*.  
<https://ejournal.bbg.ac.id/penjaskesrek/article/view/1536>

Skovgaard, C., Christensen, P. M., Larsen, S., Andersen, T. R., Thomassen, M., & Bangsbo, J. (2014). Concurrent speed endurance and resistance training improves performance, running economy, and muscle NHE1 in moderately trained runners. *J Appl Physiol*, *117*, 1097–1109.  
<https://doi.org/10.1152/jappphysiol.01226.2013>.-The

Subekti, N., Syaifullah, R., Fatoni, M., Syaukani, A. A., Warthadi, A. N., & Arni-Rayhan, A. R. (2021). Pencak silat combat match: Time motion analysis in elite athletes championship. *Journal of Human Sport and Exercise*, *16*(Proc4), S1597–S1608. <https://doi.org/10.14198/jhse.2021.16.Proc4.05>

Sudiana, I. K., & Spyanawati, N. L. P. (2023). *Keterampilan dasar pencak silat*. books.google.com.  
[https://books.google.com/books?hl=en&lr=&id=39\\_eEAAAQBAJ&oi=fnd&pg=PP1&dq=pencak+silat&ots=HEPmL8\\_cAK&sig=QQzCIDjcYG-cG9Xi\\_bT1kbMQEh0](https://books.google.com/books?hl=en&lr=&id=39_eEAAAQBAJ&oi=fnd&pg=PP1&dq=pencak+silat&ots=HEPmL8_cAK&sig=QQzCIDjcYG-cG9Xi_bT1kbMQEh0)

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>

Susanto, D. M., & Lesmana, H. S. (2020). Kondisi fisik atlet pencak silat. *Jurnal Patriot*. <https://www.neliti.com/publications/473679/kondisi-fisik-atlet-pencak-silat>

Suwirman. (2019). Article ID: IJMET\_10\_12\_006 Cite this Article: Suwirman, NurulIhsan, Deswandi, Sepriadi, Development Instrument of Kick Speed Endurance of Pencak Silat Athlete. *International Journal of Mechanical Engineering and Technology (IJMET)*, *10*(12), 48–56.  
<http://www.iaeme.com/IJMET/index.asp48http://www.iaeme.com/ijmet/issues.asp?JType=IJMET&VType=10&IType=12http://www.iaeme.com/IJMET/issues.asp?JType=IJMET&VType=10&IType=12>

Suwirman, Sepriadi, Ihsan, N., & Deswandi. (2021). Instrument speed endurance test of pencak silat athletes. *International Journal of Human Movement and Sports Sciences*, *9*(6), 1447–1452. <https://doi.org/10.13189/saj.2021.090641>

*The HIIT Bible Supercharge Your Body and Brain*. (2016).

Tumangger, V., & Siahaan, D. (2022). The Effect Of Variations In Extensive Interval Training On Aerobic Endurance Fighter Muaythai Fightculture Medan. *Journal Coaching Education Sports*, *3*(2), 147–156.  
<https://doi.org/10.31599/jces.v3i2.1505>

Usefpor, M., Ghasemnian, A. A., & ... (2017). The Effect of a period of high intensive interval training on total antioxidant capacity and level of liver tissue malondialdehyde in male Wistar rats. *Scientific Journal of ...*.  
[https://sjku.muk.ac.ir/browse.php?a\\_id=3564&sid=1&slc\\_lang=en](https://sjku.muk.ac.ir/browse.php?a_id=3564&sid=1&slc_lang=en)

Wiswadewa, Y., Adiputra, N., Satriyasa, K. B., Jawi, I. M., Adiatmika, P. G., & Purnawati, S. (2017). Metode High Intensity Interval Training Selama 15 Menit Dapat Meningkatkan Vo2Max Dan Kecepatan Gerak Siswa Peserta Ekstrakurikuler Bulutangkis Smp Pgr 2 Denpasar. *Sport and Fitness Journal*, 5(2), 30–37.



*Intelligentia - Dignitas*