

DAFTAR PUSTAKA

- Ambarukmi, H. D. dkk. (2007). *Pelatihan Pelatih Fisik Level 1*. Jakarta: Asisten Deputi Pengembangan Tenaga dan Pembinaan Keolahragaan Deputi Bidang Peningkatan Prestasi dan IPTEK Olahraga Kementerian Negara Pemuda dan Olahraga.
- Blasco-Lafarga, C., Montoya-Vieco, A., Marti'nez, I., Marti'nez-Navarro, M., Mateo-March, M., & Gallach, J. E. (n.d.). *SIX HUNDRED METER-RUN AND BROKEN 800'S CONTRIBUTION TO PACING IMPROVEMENT IN EIGHT HUNDRED METER-ATHLETICS: ROLE OF EXPERTISE AND TRAINING IMPLICATIONS*. www.nscs.com
- Bompa & Buzzichelli. (2015). *Periodization Training for Sport*. Australia: Human Kinetics
- Bompa, T. O., & Buzzichelli, C. (2018). *Periodization-: Theory and Methodology of Training*. USA: Human Kinetics.
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization-: theory and methodology of training*. Human kinetics.
- Budiwanto (2012) *Metodologi Latihan Olahraga*. Malang: Universitas Negeri Malang Press.
- Budiwanto, S. (2012). *Metodologi latihan olahraga*.
- Casado, A., Foster, C., Bakken, M., & Tjelta, L. I. (2023). Does Lactate-Guided Threshold Interval Training within a High-Volume Low-Intensity Approach Represent the "Next Step" in the Evolution of Distance Running Training? *International Journal of Environmental Research and Public Health*, 20(5), 3782. <https://doi.org/10.3390/ijerph20053782>
- Casado, A., Hanley, B., Santos-Concejero, J., & Ruiz-P' Erez, L. M. (2019). *World-Class Long-Distance Running Performances Are Best Predicted by Volume of Easy Runs and Deliberate Practice of Short-Interval and Tempo Runs*. www.nscs.com
- Christiansen, D., Eibye, K., Hostrup, M., & Bangsbo, J. (2021). The effect of blood-flow-restricted interval training on lactate and H⁺ dynamics during dynamic exercise in man. *Acta Physiologica*, 231(3).
- Dhanireksa, A., Ramadhana Sonjaya, A., & Hermawan, I. (2023). Pengaruh Metode Latihan Interval Dalam Meningkatkan Kemampuan Daya tahan dan Stabilitas Gerak Atlet Cabang Olahraga Pencak Silat. *Indonesian Journal of Physical Education and Sport Science*, 2(2), 125–135. <https://doi.org/10.52188/ijpess.v2i2.518>

- Donie, D., Kiram, Y., Hermanzoni, H., & Edmizal, E. (2021). The Effectiveness of Footwork Exercises with the HIIT Method in Developing VO2max and Anaerobic Capacity. *AL-ISHLAH: Jurnal Pendidikan*, 13(2), 998–1005. <https://doi.org/10.35445/alishlah.v13i2.803>
- Dwitama, M. R., & Wibowo, A. T. (2022). Pengaruh Kombinasi Metode Latihan Daya Tahan (Interval Training, Fartlek, Latihan lari jarak jauh) Terhadap Peningkatan Daya Tahan Atlet Atletik Nomor Lari 1500 Meter Pada Klub Atletik Yefta Dan Helda Di Kota Cilegon. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 6(2). <https://doi.org/10.37058/sport.v6i2.5705>
- Filipas, L., Bonato, M., Gallo, G., & Codella, R. (2022). Effects of 16 weeks of pyramidal and polarized training intensity distributions in well-trained endurance runners. *Scandinavian Journal of Medicine and Science in Sports*, 32(3), 498–511. <https://doi.org/10.1111/sms.14101>
- Gaos Sungkawa, M. G., & Taufik, M. S. (2021). Pengaruh Latihan Lari Interval Terhadap Hasil Lari 1500 Meter. *SPORTIVE: Journal Of Physical Education, Sport and Recreation*, 5(2), 144. <https://doi.org/10.26858/sportive.v5i2.22353>
- Ghosh, S., Bera, S. J., Ghosh, K., Singha, P., Jana, A., & Manna, I. (2023). *Impact of short term training on morphological, physical fitness and physiological variables of middle distance runners* (Vol. 2). <https://doi.org/1055860/BABF3856>
- Haugen, T., Sandbakk, Ø., Seiler, S., & Tønnessen, E. (2022). The Training Characteristics of World-Class Distance Runners: An Integration of Scientific Literature and Results-Proven Practice. In *Sports Medicine - Open* (Vol. 8, Issue 1). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1186/s40798-022-00438-7>
- Harre. 2012. *Principle of Sport Training*. Berlin: Sportverlag
- Harsono. (2018). *Latihan Kondisi Fisik Untuk Atlet Sehat Aktif*. Remaja Rosda Karya.
- Hasyim Effendi, 1983. *Fisiologi Kerja dan Olahraga Peranan Kerja untuk Diagnostik*. Penerbit alumni Bandung.
- Henjilito, R. (2017). *Pengaruh Daya Ledak Otot Tungkai, Kecepatan Reaksi dan Motivasi terhadap Kecepatan Lari Jarak Pendek 100 Meter pada Atlet PPLP Provinsi Riau*. *Journal Sport Area*, 2(1), 70-78.
- Hurst, C., Weston, K. L., & Weston, M. (2019). The effect of 12 weeks of combined upper- and lower-body high-intensity interval training on muscular and

cardiorespiratory fitness in older adults. *Aging Clinical and Experimental Research*, 31(5), 661–671. <https://doi.org/10.1007/s40520-018-1015-9>

Irianto. (2002). *Pengawal Dinas Pemuda dan Olahraga Kabupaten Langkat*. Skripsi: FIK. UNIMED.

Ismoko, A.P & Sukoco, P. (2013). *Pengaruh metode latihan dan koordinasi terhadap power tungkai atlet bola voli junior putri*. Jurnal Keolahragaan, Volume 1 – Nomor 1.

Janssen, Peter G. J.M. 1987. *Training Lactate Pulse - Rate*, Finland: Polar Electro Oy

Jin, K., Cai, M., Zhang, Y., Wu, B., & Yang, Y. (2025). Effects of 6-week sprint interval training compared to traditional training on the running performance of distance runners: a randomized controlled trial. *Frontiers in Physiology*, 16. <https://doi.org/10.3389/fphys.2025.1536287>

Kelemen, B., Benczenleitner, O., & Tóth, L. (2023). Norwegian double-threshold method in distance running. *Scientific Journal of Sport and Performance*, 3(1), 38–46. <https://doi.org/10.55860/nbxv4075>

Kelemen, B., Benczenleitner, O., & Tóth, L. (2024). Easy interval method, an alternative approach to improve anaerobic threshold speed. *Scientific Journal of Sport and Performance*, 3(2), 220–227. <https://doi.org/10.55860/szdz4880>

Kresnayadi, I. P. E. (2016). *Pengaruh pelatihan ladder drill 8 repetisi 3 set terhadap peningkatan kecepatan lari*. Jurnal Pendidikan Kesehatan Rekreasi, 2(2), 103-107.

Kresnayadi, I. P. E., & Dewi, I. K. A. (2017). *Pengaruh pelatihan plyometric depth jump 10 repetisi 3 set terhadap peningkatan daya ledak otot tungkai*. Jurnal Pendidikan Kesehatan Rekreasi, 3(2), 33-38.

Lumintuarso, R. (2013). *Teori kepelatihan olahraga*. Jakarta: lankor.

MacInnis, M. J., & Gibala, M. J. (2017). Physiological adaptations to interval training and the role of exercise intensity. *The Journal of Physiology*, 595(9), 2915–2930. <https://doi.org/10.1113/JP273196>

McManus, A. M., Cheng, C. H., Leung, M. P., Yung, T. C., & Macfarlane, D. J. (2005). Improving Aerobic Power in Primary School Boys: A Comparison of Continuous and Interval Training. *International Journal of Sports Medicine*, 26(9), 781–786. <https://doi.org/10.1055/s-2005-837438>

- Mubarak, M. Z., & Kharisma, Y. (2021). Perbandingan Metode Latihan Interval Ekstensif dan Intensif Terhadap Peningkatan Daya Tahan Aerobik. *Physical Activity Journal*, 3(1), 77. <https://doi.org/10.20884/1.paju.2021.3.1.4813>
- Oliveira, J., Gentil, P., Naves, J. P., Souza Filho, L. F., Silva, L., Zamunér, A. R., de Lira, C. A., & Rebelo, A. (2022). Effects of High Intensity Interval Training versus Sprint Interval Training on Cardiac Autonomic Modulation in Healthy Women. *International Journal of Environmental Research and Public Health*, 19(19). <https://doi.org/10.3390/ijerph191912863>
- Septayasa, V., Supriatna, S., Hanief, Y. N., & Panganiban, T. D. (2022). The effect of interval training on athletic 100 meter running speed: a meta-analysis study. *Journal of Science and Education (JSE)*, 3(2), 165–175. <https://doi.org/10.56003/jse.v3i2.169>
- Singh. 2012. *Sport training*. Delhi: Chawla Offset Printers.
- Sitepu, M. S. Z., Tangkudung, J., & Puspitorini, W. (2020). Pengaruh Latihan Senam Aerobik Dan Motivasi Berolahraga Terhadap Penurunan Persentase Lemak Tubuh. *Jurnal Penjaskesrek*, 7(1), 45-59.
- Soumitra Mandal, & Samson Wondirad. (2014). Effect of 6-Week Interval Training Protocol on Running Performance of Mesfin Industrial Engineering (Mie) Track Trainee Athletes. *International Journal of Physical Education, Fitness and Sports*, 3(1), 01–06. <https://doi.org/10.26524/1411>
- Sukadiyanto. (2011). *Olahraga Kesehatan: Bahan Perkuliahan Mahasiswa FPOK*. Yogyakarta: UPI.
- Taylor, J. L., Holland, D. J., Keating, S. E., Leveritt, M. D., Gomersall, S. R., Rowlands, A. V., Bailey, T. G., & Coombes, J. S. (2020). Short-term and Long-term Feasibility, Safety, and Efficacy of High-Intensity Interval Training in Cardiac Rehabilitation. *JAMA Cardiology*, 5(12), 1382. <https://doi.org/10.1001/jamacardio.2020.3511>
- Tegegne Nigussie, Y. (2024). Effects of continuous, interval, and combined training methods on middle- and long-distance runners' performance. *Retos*, 58, 418–425. <https://doi.org/10.47197/retos.v58.102976>
- Ulfah, W. A., & Walton, E. P. (2019). Pengaruh Latihan Sirkuit Training Terhadap Kecepatan Tendangan Sabit Pada Siswa Ekstrakurikuler Pencak Silat. *SPORTIVE: Journal Of Physical Education, Sport and Recreation*, 2(2), 89
- Yunus, M., Sri Wahjuni, E., & Supriatna, Mr. (2019). The Effects of Continuous and Interval Training Toward $\dot{V}O_{2\max}$ Increase for Male. *Proceedings of the 2nd International Conference on Sports Sciences and Health 2018 (2nd ICSSH 2018)*. <https://doi.org/10.2991/icssh-18.2019.31>

Zhang, Y., Fan, Q., Liu, K., Zhou, L., Zhou, Y., Ding, M., & Zhang, Y. (2023). EFFECTS OF CORE RESISTANCE TRAINING ON PUGILISM IN BOXERS. *Revista Brasileira de Medicina Do Esporte*, 29. https://doi.org/10.1590/1517-8692202329012022_0589



Intelligentia - Dignitas