

## **EFFECT OF CIRCUIT TRAINING AND ANAEROBIC INTERVAL TRAINING ON SPEED AND STRENGTH AMONG MEN HANDBALL PLAYERS**

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### **ABSTRACT**

The purpose of the study was to find out the effect of circuit training and anaerobic interval training on speed and strength among men hand ball players. To archive this purpose of the study forty five college men hand ball players from Alagappa Chettiar Engineering College, Karaikudi, were randomly selected as subjects. The age of the subjects ranged between 21 to 25 years. The selected subjects were divided into three equal groups of fifteen subjects each. The experimental group 1(n=15) underwent Circuit training, the experimental group 2 (n = 15) underwent Anaerobic Interval training and control group 3 (n= 15) did not participate in any special training programme apart from their regular activities. All the subjects of three groups were tested on selected criterion variables such as speed and strength at prior to and immediately after the training programme by using 50mts run and push-ups respectively. Data for the selected variables were taken at the beginning (pre-test) and at the end of the experimental period (post-test). The Analysis of covariance (ANCOVA) was used for interpreting the results. On the basis of the results the circuit and anaerobic interval training has significantly contributed to the improvement of the selected dependent variables speed and strength.

**KEYWORDS:** Circuit Training, Anaerobic Interval Training, Speed, Strength