

ABSTRAK

Widariyanti, Gita. 2021. *Pengaruh Latihan Anaerobic Threshold Terhadap Kecepatan Renang Gaya Bebas 200 Meter Atlet Kelompok Level Prestasi (Usia 12-15 Tahun) HA Aquatic Surabaya.* Program Studi Pendidikan Jasmani. Fakultas Pedagogi Dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing (1) Achmad Nuryadi, S.Pd., M.Pd.

Kata Kunci : *Anaerobic Threshold, Kecepatan, Renang Gaya Bebas*

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *anaerobic threshold* terhadap kecepatan renang gaya bebas 200 meter atlet level prestasi (usia 12-15 tahun) HA Aquatic Surabaya. Dalam renang latihan *anaerobic threshold* adalah bentuk latihan yang fokus pada sistem energy zona *aerobic / anaerobic mix 1*. Latihan *anaerobic threshold* merupakan bentuk latihan dimana titik akumulasi laktat meningkat tajam atau maksimal.

Penelitian ini menggunakan pendekatan kuantitatif metode eksperimen dengan menggunakan rancangan *One Grup Pretest-Posttest*. Sampel yang digunakan dalam penelitian ini sebanyak 20 orang atlet kelompok prestasi HA Aquatic Surabaya. Data dikumpulkan melalui *pretest* dan *posttest* dengan instrument tes berupa renang gaya bebas 200 meter. Teknik analisis data menggunakan rumus uji t.

Hasil penelitian menunjukan bahwa t_{hitung} yang diperoleh 4.176 lebih besar dari t_{tabel} 3.579 pada taraf signifikansi 0,001, maka H_0 ditolak sehingga H_a diterima. Hal ini H_a terbukti sangat signifikan. Dengan demikian dapat dinyatakan bahwa “Latihan *anaerobic threshold* berpengaruh sangat signifikan terhadap kecepatan renang gaya bebas 200 meter atlet level prestasi (usia 12-15 tahun) HA Aquatic Surabaya”.

ABSTRACT

Widariyanti, Gita. 2021. The Effect of Anaerobic Threshold Training on the Speed of 200 Meter Freestyle Swimming Athletes in the Achievement Level Group (Ages 12-15 Years) HA Aquatic Surabaya. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya. Advisors (1) Achmad Nuryadi, S.Pd., M.Pd.

Keywords : Anaerobic Threshold, Speed, Freestyle Swimming

This study aims to determine the effect of anaerobic threshold training on the 200 meter freestyle swimming speed of achievement level athletes (ages 12-15 years) HA Aquatic Surabaya. In swimming, anaerobic threshold exercise is a form of exercise that focuses on the energy system of the aerobic / anaerobic mix zone 1. Anaerobic threshold training is a form of exercise where the point of lactate accumulation increases sharply or maximally.

This study used a quantitative approach to the experimental method using the One Group Pretest-Posttest design. The sample used in this study were 20 athletes in the HA Aquatic Surabaya achievement group. Data were collected through the pretest and posttest with a test instrument in the form of 200 meter freestyle swimming. The data analysis technique used the t test formula.

The results showed that the t count obtained was 4.176 greater than t table 3.579 at the significance level of 0.001, so H_0 was rejected so that H_a was accepted. This H_a proved to be very significant. Thus it can be stated that "the anaerobic threshold training has a very significant effect on the 200 meter freestyle swimming speed of achievement level athletes (aged 12-15 years) HA Aquatic Surabaya".