

## ABSTRAK

**NIDA WAHYU PRATIWI, 2024 PENGARUH *HIIT (HIGH INTENSITY INTERVAL TRAINING)* TERHADAP KECEPATAN 50 METER RENANG GAYA DADA. Jurusan Pendidikan Jasmani Fakultas Keguruan dan Ilmu Pendidikan.**

Renang merupakan olahraga air yang banyak digemari oleh semua kalangan, baik kalangan anak-anak, remaja, sampai lansia. Selain banyak digemari renang juga memberikan banyak manfaat seperti untuk kesehatan, rekreasi, pendidikan, keselamatan dan untuk prestasi. Permasalahan yang di angkat dalam penelitian ini apakah teradapat pengerauh *HIIT (High Intensity Interval Training)* terhadap kecepatan ranang gaya dada. Metode penelitian yang digunakan dalam penelitian ini adalah metode kuantitatif eksperimen. Populasi dalam penelitian ini adalah atlet club gac tasikmalaya yang berjumlah 20 orang. Teknik pengambilan sampel menggunakan teknik *sampling jenuh* dengan jumlah 20 orang Berdasarkan hasil penelitian dan pembahasan, penulis dapat menyimpulkan hasil penelitian ini sebagai berikut *HIIT (HIGH INTENSITY INTERVAL TRAINING)* berpengaruh terhadap kecepatan renang gaya dada pada klub renang Galunggung *Aquatic Club (GAC)* Tasikmalaya. Dengan kata lain latihan *HIIT* tersebut cocok diterapkan pada cabang olahraga renang terutama renang gaya dada.

Kata Kunci : *HIIT*, Kecepatan, Renang Gaya Dada

## **ABSTRACT**

**NIDA WAHYU PRATIWI, 2024** *THE EFFECT OF HIIT (HIGH INTENSITY INTERVAL TRAINING) ON 50 METER BREAST STROKE SWIMMING SPEED.*

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*Swimming is a water sport that is popular with all groups, including children, teenagers and the elderly. Apart from being popular with many people, swimming also provides many benefits such as health, recreation, education, safety and achievement. The problem raised in this research is whether there is an influence of HIIT (High Intensity Interval Training) on breaststroke swimming speed. The research method used in this research is a quantitative experimental method. The population in this study was the Tasikmalaya GAC club athletes, totaling 70 people. The sampling technique used a random sampling technique with a total of 20 people. Based on the results of the research and discussion, the author can conclude the results of this research as follows: HIIT (HIGH INTENSITY INTERVAL TRAINING) has an effect on breaststroke swimming speed at the Galunggung Aquatic Club (GAC) Tasikmalaya swimming club. In other words, HIIT training is suitable for swimming, especially breaststroke swimming.*

**Keywords:** *HIIT, Speed, Breaststroke Swimming*