

ABSTRAK

ADITYA DWI PUTRA, 2024. **Profil Daya Tahan Kardiovaskuler Anggota *Kaliki Running Team* Kabupaten Tasikmalaya**. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Daya tahan kardiovaskuler pada anggota klub lari sangat dibutuhkan untuk meningkatkan performa tubuh mereka. Namun, pada kenyataannya para anggota klub lari *Kaliki Running Team* Kabupaten Tasikmalaya belum tentu memiliki daya tahan kardiovaskuler yang baik. Tujuan penelitian ini adalah untuk mengetahui daya tahan kardiovaskuler anggota *Kaliki Running Team*. Metode Penelitian yang digunakan adalah metode deskriptif kuantitatif. Sampel yang digunakan dalam penelitian berjumlah 20 orang. Teknik pengambilan sampel menggunakan sampel jenuh. Instrumen penelitian yaitu tes lari 2,4 km. Hasil penelitian menunjukkan bahwa daya tahan kardiovaskuler anggota *Kaliki Running Team* 45% dengan kategori sedang.

Kata Kunci : Daya Tahan Kardiovaskuler , *Kaliki Running Team*, Profil

ABSTRACT

ADITYA DWI PUTRA, 2024. *Profile Cardiovascular Endurance of Kaliki Members Running Team Tasikmalaya Regency. Department of Physical Education, Faculty of Teacher Training and Education, University of Siliwangi, Tasikmalaya. Siliwangi, Tasikmalaya.*

Cardiovascular endurance in running club members is needed to improve their body performance. needed to improve their body performance. However, in reality

the members of the running club Kaliki Running Team of Tasikmalaya Regency do not necessarily have good cardiovascular endurance. endurance. The purpose of this study was to determine the cardiovascular endurance cardiovascular endurance of Kaliki Running Team members. The research method used is quantitative descriptive method. The sample used in the study totalled 20 people. The sampling technique used a saturated sample. Instrument of this study is run 2.4 km. The results showed that the cardiovascular endurance of Kaliki Running Team members 45% with moderate category.

Keywords: Cardiovascular Endurance, Kaliki Running Team, Profile