

ABSTRAK

MUFIDLY 2020. *The Influence Of Interval Training On Enhancement Of Cardiovascular Resistance*, Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The purpose of this study was to find out whether interval training could affect the improvement of cardiovascular endurance in members of the karate dojo Tarkal one district of garut. The method used in this research is quantitative experimental. The population and sample in this study were all members of the karate tarkal one with 26 people. The instrument used was a 12-minute running test. Based on statistical data analysis, there is the effect of interval training on increasing cardiovascular endurance in members of the dojo karate tarkal one district of Garut.

Keywords: Interval Training, Cardiovascular Endurance, Karate