

# Comparison of the effect of eight weeks of continuous and intermittent swimming on some physical fitness factors of young female swimmers applying for the lifeguard test

Poster Presentation

DOI: [10.22089/SSRC.2024.4844](https://doi.org/10.22089/SSRC.2024.4844)

Paper ID : 2028-SSRC

## Authors

[Yasaman Rajabi jaghargh](#) <sup>1</sup>, [mahdi Ghahremani Moghaddam](#) <sup>2</sup>, [nahid bijeh](#) <sup>2</sup>

<sup>1</sup> دانشجوی دانشگاه فردوسی مشهد

<sup>2</sup> هیئت علمی دانشگاه فردوسی مشهد

## Abstract

The aim of this study is to compare the effects of interval training and continuous training on anaerobic power, aerobic power, flexibility, central muscle strength, leg muscle strength, balance, coordination, reaction time and agility in young female swimmers in the age range of 18 to 28 years and BMI ( 18 to 25 ) who applied to participate in the lifeguard entrance exam. For this purpose, 20 swimmers voluntarily participated in this study. They were randomly divided into two interval training group ( 10 people ) and continuous training group ( 10 people ). Matching of the subjects in terms of physical fitness was done based on Keizer's physical activity evaluation questionnaire and previous swimming records. Each training session consisted of a 5-minute warm-up and interval training ( intensity of 50% HRM and a 2-minute rest between each repetition ) or a continuous training program ( 20 to 48 minutes of swimming with an intensity of 60% to 75% HRM ) and a 5-minute cool-down. These groups completed 8 weeks which including 3 days a week. All physical fitness factors were improved by interval training and continuous training from baseline. Although, a significant difference (  $p < 0.5$  ) was observed in the performance of agility and flexibility between the two training methods, however there was no significant difference (  $p < 0.5$  ) between the two training methods in the performance of anaerobic power, aerobic power, body composition, central muscle strength, leg muscle strength, balance, coordination and reaction time. Conclusion: It seems that it is possible to use interval training instead of continuous training to improve the physical fitness factors of lifeguard applicants.

## Keywords

[Continuous swimming](#); [interval swimming](#); [Physical fitness](#); [young swimmers](#); [lifeguard test](#)