

Abstract

Title: Effects of high-intensity interval training on the aerobic performance of soccer players.

Objectives: Influence eight-weeks intervention HIIT program on aerobic performance of football players. A secondary aim was to determine influence eight-weeks intervention HIIT program on aerobic performance of football players ages categories U16 and U17.

Methods: High intensity interval training

Results: After eight-weeks HIIT program occurred in the experimental group of football players to improve aerobic performance. HIIT program therefore has positive effects on aerobic performance. Football player age category U17 increased performance of $1,9 \text{ ml}\cdot\text{min}^{-1}\cdot\text{kg}^{-1}$, which is slightly greater increase than in age category U16 which increased performance of $1,6 \text{ ml}\cdot\text{min}^{-1}\cdot\text{kg}^{-1}$.

Keywords: high intensity interval training, aerobic performance, Yo-Yo test, soccer