

## **Abstract**

**Title:** Effects of high intensity interval training on aerobic and anaerobic performance of football players aged 14 and 15

**Objectives:** The aim of this bachelor thesis is to establish the effect of a seven-day training programme HIIT on aerobic and anaerobic performance of football players in the age category of U-14 and U-15.

**Methods:** High intensity interval training

**Result:** After a seven-week training programme HIIT there was an average increase of aerobic performance in the programme partakers by  $3.2 \text{ ml}\cdot\text{min}^{-1}\cdot\text{kg}^{-1}$  which is a relatively large difference, compared with EX2 who underwent an ordinary training programme. In the long jump presenting anaerobic performance, these players improved by 8.3 cm on average, while in the second group EX2 the results improved by 6.4 cm on average.

**Keywords:** football, high intensity interval training, aerobic performance, anaerobic performance, category U-15