

ABSTRACTS**Effects of Combined Aerobic and Anaerobic Training on
Cardiorespiratory Endurance****S. Sabaanath***Sports Science Unit, University of Jaffna, Sri Lanka***Abstract**

Introduction: Sports training aim at achieving higher performance in sports competition. In order to achieve higher performance in sports, training should be based on planned and systematic manner.

Purpose: The purpose of the study was to find out the effects of combined aerobic and anaerobic training on cardiorespiratory endurance.

Methods: To achieve the purpose of the study, seventy five (N=75) male students were selected from University of Jaffna Sri Lanka. The age of the subjects, ranged from 20 to 25 years and randomly divided into five equal groups and each group contain fifteen (n=15) subjects. Group I underwent **H**igh intensity of **A**erobic (70%) with **L**ow intensity of **A**naerobic (30%) training (**HALAN**), Group II underwent **O**ptimum intensity of **A**erobic (60%) with **L**ight intensity of **A**naerobic (40%) training (**OALTAN**), Group III underwent **M**edium intensity of **A**erobic (50%) with **M**edium intensity of **A**naerobic (50%) training (**MAMAN**), and Group IV underwent **L**ight intensity of **A**erobic (40%) with **O**ptimum intensity of **A**naerobic (60%) training (**LTAOAN**) . Group V acted as control.

Results: The results of the study on Cardio Respiratory Endurance indicate that there was a remarkable improvement observed among experimental groups (HALAN, OALTAN, MAMAN, LTAOAN) and control groups.

Conclusion: Hence it may be concluded that OALTAN will be the best method of training to improve Cardio Respiratory Endurance. However HALAN and MAMAN also be adopted to improve Cardio Respiratory Endurance.

Keywords: *aerobic, anaerobic, cardiorespiratory endurance*