

The Effect of Endurance Training on the Sri Lankan National Squash Men Players

J.F.J. Feldano¹ and A.W.S. Chandana^{2*}

¹Department of Sports Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, Sri Lanka.

²Sri Lanka Squash Federation, No 33, Colombo 07, Sri Lanka.

*surajchandana@appsc.sab.ac.lk

The purpose of the present study was to examine the endurance performance of national squash men players in Sri Lanka through an eight-week intervention program. The population of this study comprised 32 men squash players in Sri Lanka, where eight (n=8) players were selected as a sample (mean age = 22.14 years, mean training age 4.1 years, mean height=172.2 cm, mean body mass= 61.4 kg, BMI= 20.8 kg/m²) through the purposive sampling method. The Pre-test and post-test were conducted before and after the intervention program. The intervention program consisted of continuous run, interval training, beach training, continuous machine workout, and resistant training. Four sessions were conducted per week during the intervention. The study results indicate significant differences between the pre-test and post-test in each variable selected: push-up (p=0.002), sit-up (p=0.00), beep test (p=0.00), and VO₂ max (p=0.00). Therefore, the endurance of the selected squash national men's players was significantly improved as a result of the intervention program.

Keywords: Endurance Training, Muscles Adaptation, Squash