

Apiruck Wonghempoom 2009: Effect of Different Distance Swimming Training on 50 Meters Front Crawl Stroke Speed. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Bunjob Piromkam, M.Ed. 96 pages.

The purposes of this research were to study and contrast the effect of different distance swimming training on 50 meters front crawl stroke speed. Forty subjects were drawn by simple random sampling from the population of fifty. All of those subjects were male swimmers of Bangkok Christian College of age 10 – 15 years. Subjects were randomly assigned into control group and 3 experimental groups. Control group was trained by swimming of school's program. Experimental group 1 was trained the swimming of school's program along with 25 meters swimming, while experimental group 2 was trained the swimming of school's program along with 50 meters swimming as well as the experimental group 3 was trained the swimming of school's program along with 75 meters swimming. Each groups were trained 3 days per week for 6 weeks. All of subjects were then tested 50 meters front crawl stroke before, after 3 weeks and 6 weeks training. The data were analyzed using two way analysis of variance with repeated measure, one way analysis of variance with repeated measure and one way analysis of variance procedures along with multiple comparisons testing by using the Tukey's method. All testing used the .05 level of significance.

The results of this study revealed that after 3 weeks, the 50 meter front crawl storke speed means between those 4 groups were not significance different, while only control group was significance different with the experimental group 1 at the .05 after 6 weeks. For the consideration of the 50 meters front crawl storke speed means in group, the study showed that the control group group itself was not significance different along the period time of experiment. For the experimental group 1, there was significance different before, after the third and the sixth week. For the experimental group 2, no significance different after the third week but after the sixth week, we found the significance different at the .05. Finally for the experimental group 3, there was significance after the third week but didn't find any difference between the third week and the sixth week.

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Student's signature

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Thesis Advisor's signature