

Sathit Hongthong 2007: The Effects of Swimming with Different Resting Duration to 50 Meter Breaststroke Speed. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M.S. 52 pages.

The purposes of this research are to study and compare the effects of swimming with different resting duration to 50 meter breaststroke speed. Subjects were 30 female swimmers (10-12 years old) from Chalerm Prakit Youth Center (Bangmod). Subjects were selected using purposive random sampling method and then were randomly assigned into 3 groups. All groups were trained 50 meter breaststroke for 8 times with different resting duration, Group 1 rest for 60 seconds between editorials, Group 2 rest for 90 seconds between editorials and Group 3 rest for 120 seconds between editorials. Subjects were trained 3 days per week for 8 consecutive weeks. Fifty meter breaststroke speed test were performed before, after the 4<sup>th</sup> weeks and the 8<sup>th</sup> weeks of training. Data were analyzed using analysis of variance. Tukey and method was used for multiple comparisons. Significant level at 0.05 was used for all statistical tests.

Results indicated that there was no significant difference on 50 meter breaststroke speed among these three experimental groups. In contrast, swimming speeds of the experimental groups were improved regarding to training duration.

In conclusion, no statistically significant difference on 50 meter breaststroke speed were found among the training program of the different resting duration i.e. 60, 90 and 120 seconds while the improvement was found when the training was prolonged for 8 weeks. The finding will be useful for the applied training duration to improve the swimming ability.

Sathit Hongthong

Student's signature

Charoen Krabuanrat.

Thesis Advisor's signature

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