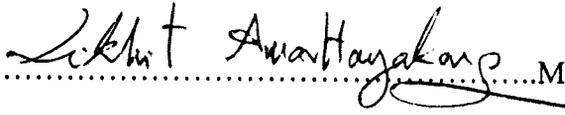THESIS TITLE : A COMPARATIVE STUDY OF REGULAR TRAINING WITH ADDING WEIGHT TRAINING AND PLYOMETRICS TRAINING ON THE 1,000 - METER BICYCLE RIDING

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Abstract

The objectives of this experimental research was to study and compare regular training with adding weight training and plyometrics training on the 1,000 - meter bicycle riding. The sample group consisted of 30 male sports cyclists of khon kaen 's sports school, whose ages were between 14 - 17 years, through purposive sampling with the finite population, divided into 3 sup-groups : 10 for the control group, 10 for the first experimental group and 10 for the second experimental group. The tool in use for this research was a short - distance riding training program, adding weight training program and plyometrics training program, all created by the researcher. The experiment lasted 8 weeks. Data collection was done through the ability test on the 1,000 - meter bicycle

riding with pre-test and post-test (after the 8th week training). Data were then analyzed for statistical valuse to compare the difference in pre-test and post-test result, making use of SPSS for Windows Release Verion 7.5 and t - test.

The fidings were as follows :

1) After the training (8th week) the control group with regular training and the first experimental group addining weight traning had the better 1,000 - meter bicycle riding : the latter group developed higher riding ability than the former group. After the t - test, the difference was found with no statistical significance at 0.05 level.

2) After the training (8th week) the control group with regular training and the second experimental group with plyometrics training had the better 1,000 - meter bicycle riding : the latter group developed higher riding ability than the former group. After the t - test, the difference was found with statistical significance at 0.05 level.