Aerobic Vs. Anaerobic Training to Increase VO2max Soccer Players

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http://dx.doi.org/10.18415/ijmmu.v7i9.2130

Abstract

Soccer requires excellent physical fitness, including cardiorespiratory endurance known as maximum oxygen volume (VO2max). Some exercise to improve soccer players VO2max are aerobic exercise and anaerobic exercise. Aim of this study was to prove the efficiency of aerobic and anaerobic exercise to increase VO2max. Subjects in this study were 22 soccer players aged 20 years. Subjects participated in a 16-meeting training program with group exercises, aerobic exercise and anaerobic exercise. Aerobic exercise used jogging variations and anaerobic exercise used sprint variations. Research instruments used Mutistage Fitness Test (MFT) to determine VO2max capacity. The significance value of aerobic and anaerobic exercise on VO2max enhancement is 0.00 (p 0.05). The conclusion of this study is that aerobic exercise and anaerobic exercise can increase VO2max soccer players, whereas no significant difference between aerobic and anaerobic exercise in VO2max enhancement.

Keywords: Aerobic Training; Anaerobic Training; VO2max

Introduction

Sports is one of the personal and community education that promotes physical activity as a conscious and systematic effort towards better personal development (Herdiyana & Prakoso, 2016). Another opinion on sports is the systematic process of activities that can encourage, develop and nurture one's physical and spiritual potential as individuals and members of society in the form of games, races, and ongoing physical activities to gain recreation and victory (Khamdani, 2010).

Soccer is one of the most popular sports in the world. Soccer is a sport of team play, so it requires good teamwork to get a win in a match (E. M. Park, Seo, & Ko, 2016). In addition, all soccer players must have excellent physical fitness to be able to get a good performance for a long time (Boone, Vaeyens, Steyaert, Bossche, & Bourgois, 2012).

The physical fitness components in football are very complex, such as cardiorespiratory endurance, called the maximum oxygen volume (VO2max). VO2max is the maximum oxygen volume for intensive activities (Nuarti, Huldani, & Asnawati, 2019). VO2max is a "soul" for athletes' performance to improve good physical abilities (Debbian & Rismayanthi, 2016).
To improve the VO2max of soccer players through systematic exercise, carefully, orderly, progressive, and follow the basic principles of exercise (Budi & Sugiharto, 2015). Some exercises to improve VO2max are aerobic and anaerobic exercise. Aerobic exercise takes a long duration with low intensity. Aerobic exercise can increase endurance through increased oxidative enzymes, glycogen deposits in muscles, capillary vessels elasticity, increase stroke volume and lower heart rate (S. Park et al., 2010). While anaerobic exercises are carried out with a short time and high intensity. Anaerobic exercises can improve performance during both training and competition (García-Pinillos, Cámara-Pérez, Soto-Hermoso, & Latorre-Román, 2017); (Farley et al., 2016); (Koral, Oranchuk, Herrera, & Millet, 2018).

Aim of this study was to prove the efficiency of aerobic and anaerobic exercise to increase the VO2max capacity. The results of this study are expected to be applied in each training program in an effort to improve the physical fitness of soccer players.

**Methodology**

Subjects in this study were 22 soccer players aged 20 years. Subjects were randomly divided into 2 groups, aerobics groups and anaerobic groups. Research instrument used a multistage fitness test (MFT) to determine VO2max capacity.

Each subject pretested to measure VO2max before exercise. Subjects participated in a 16-meeting training program with group exercises, aerobic exercise and anaerobic exercise. Aerobic exercise used jogging variations and anaerobic exercise used sprint variations. At the end of the training program, a posttest was conducted to measure VO2max after exercise.

Data analysis used t-tests to compare aerobic group and anaerobic group data against VO2max enhancement. Normality test using Saphiro-Wilk and homogeneity test using Levene with $\alpha$ value of 5%.

**Results and Discussion**

The results of the study were VO2max. Measurements were taken 2 times, before and after treatment. The treatment were aerobic exercise and anaerobic exercise.

<table>
<thead>
<tr>
<th>Group</th>
<th>Pretest</th>
<th>Posttest</th>
<th>$\Delta$ VO2max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic</td>
<td>7.7±1.44</td>
<td>8.17±1.49</td>
<td>0.47±0.11</td>
</tr>
<tr>
<td>Anaerobic</td>
<td>7.95±1.22</td>
<td>8.49±1.22</td>
<td>0.55±0.12</td>
</tr>
</tbody>
</table>

The results showed that VO2max before treatment had almost the same mean values, 7.7 ± 1.44 L / min in the aerobic group and 7.95 ± 1.22 L / min in the anaerobic group. After treatment, mean values of VO2max both groups showed an increase of 8.18±1.49 L/min in the aerobic group and 8.49±1.22 L/min in the anaerobic group. VO2max increase in the anaerobic group had a greater mean value of 0.55±0.12 L/min than in the aerobic group (0.48±0.1 L/min).
The results of the data analysis showed that the value of significance in both groups using paired-sample t test is 0.00 (p < 0.05). This suggests that aerobic exercise and anaerobic exercise can increase the VO2max capacity of soccer players. While the value of independent sample test significance is 0.191 (p> 0.05), it means that no significant difference between aerobic and anaerobic against the increase in VO2max of soccer players.

VO2max is the most complex systems that occurs in the body. VO2max is a system that combines between the lungs, cardiovascular system and muscle system to pick up, transport and use oxygen (O2) to produce muscle contractions (Poole & Jones, 2017) (Lundby, Montero, & Joyner, 2017). VO2max measurements can be used to analyze the effects of a physical exercise program. People with good fitness have higher VO2max scores and can do more activity. VO2max is the volume of oxygen used during the charging of physical exercise with maximum capacity. Oxygen volume in liter size per minute or milliliters per-kilogram of body weight per minute.

This study shows that aerobic exercise can significantly increase vo2max (sig = 0.00). The results of this study are supported by research conducted by (Farzaneh, Nia, Mehrtash, Mirmoeini, & Jalilvand, 2014) that aerobic exercise can increase VO2max capacity in overweight women. Through aerobic exercise, the cardiovascular system will work more effectively, so that the muscle's ability to use oxygen will be greater (Watulingas, Rampengan, & Polii, 2013). Research conducted by (Candrawati, Sulistyoningrum, Bramantyo, & Pranasari, 2016) found that aerobic exercise can improve heart and lung endurance. Aerobic exercise can increase blood flow and disposal of metabolic residual substances faster, resulting in faster recovery capabilities and decreased fatigue levels (Palar, Wongkar, & Ticoalu, 2015).

Another exercise that can increase VO2max is anaerobic exercises. The results of the data analysis showed that anaerobic exercise has a significance value of 0.00, means that anaerobic exercises can increase VO2max soccer players. Other studies have also found that high intensity interval training (HIIT) can increase VO2max capacity (Mallol et al., 2020) and muscle endurance (Menz et al., 2019). Anaerobic exercise can increase the effectiveness of the cardiovascular system (Patel et al., 2017), so that the ratio of oxygen consumption in contracting muscles also increases. The increase in anaerobic abilities is due to the exercise program that has been given so that the body can adapt. Regular physical activity, correct size and in a balanced time can lead to physiological adaptation of the organs of the body, so that the body can receive heavier loads and the body's organs can work more efficiently (Sözen & Akyıldız, 2018).

Aerobic exercise and anaerobic exercise can increase VO2max soccer players. The two exercises has no significant difference in VO2max enhancement (Δ VO2max). The results of this study are similar to studies conducted by (Hutajulu, 2016) where both high intensity interval training (HIIT) and power training (HVT) can equally increase the maximum oxygen value in junior soccer players (Under-18s). However, in this study, anaerobic exercise had little advantage: a higher increase in VO2max than an increase in VO2max in aerobic exercise.

<table>
<thead>
<tr>
<th>Group</th>
<th>Paired-Sample T Test</th>
<th>Independent Sample Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic</td>
<td>0.00</td>
<td>0.191</td>
</tr>
<tr>
<td>Anaerobic</td>
<td>0.00</td>
<td></td>
</tr>
</tbody>
</table>

Table 2. The Significance of Each Group's Different Tests
Conclusion

The conclusion based on the results of this study is that aerobic exercise as well as anaerobic exercise can increase VO2max. Whereas no significant difference in VO2max enhancement when aerobic exercise and anaerobic exercise were compared. The results of this study are expected to be a reference of athletes and coaches to increase VO2max.

References


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