

The Effect of Fartlek Training on Special Endurance and Digital Achievement of Effectiveness 4 x 400 Relay

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2022

Abstract: Science invests the energies of its intellectual and scientific scholars in a manner that serves the main aspects of their vital and health requirements, as well as economic, political and social aspects, and it is not excluded from these requirements as the sports aspect and some countries prepare the main demand for its effective role in the life of the individual in terms of health, economic or social because everyone knows Well, what is the role of sports and how it led to the progress of most peoples and has a prominent role in leading the world in terms of sporting and educational in universities. The study aimed to identify the effect of the use of Al -Fartlek exercises on some physical and physiological variables and performance in the hostile hostility 4 x 400 followers and thus improve the level of time performance and achievement in general. The researchers used the experimental curriculum on the research sample, which are hostile to the youth governorate of Basra, for the effectiveness of 4 x 400, and they are (8) runners and divided into two experimental groups and controlled by (4) runners for each group. Homogeneity and parity achieved between the two groups, and the procedures of the research included the composition of the diverse miracles Performance of the effectiveness of 4 x meters 400 relay and that applies to the experimental group.

Keywords: Fartlek Training; Special Endurance; effectiveness of 4 × 400 relay.