

**Effect of Continuous and Alternate Pace Endurance  
Training on Selected Physical and Physiological  
Variables of Long-Distance Runners**

**लंबी दूरी के धावको के चयनित भौतिक और शारीरिक चरो पर  
निरंतर और वैकल्पिक गति सहनशीलता प्रशिक्षण का प्रभाव।**

**A  
Thesis  
Submitted for the Award of the Ph.D. degree  
of  
PACIFIC ACADEMY OF HIGHER  
EDUCATION AND RESEARCH UNIVERSITY**

**By  
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**FACULTY OF PHYSICAL EDUCATION  
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**WARLI SUNITA**

***DEDICATED TO***



**DEDICATED**

**My Beloved Parents**

**And**

**Family**

**Whom I Love the Most**

**Who were behind the screen for my present study.**