

APPENDIX



APPENDIX – I

**Score of Physical Fitness Variables of Slow Continuous
Training Group**

Sr. No	Speed Endurance		CRE		Endurance		Abdo. Strength Endurance		leg Strength	
	(300 M Dash)		Cooper Test		1600 m Run		Sit-ups		Leg Dynamometer	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
1	41.20	40.16	2290	2370	4.56	4.34	34	38	59.64	61.54
2	40.60	38.65	2350	2460	4.60	4.40	37	41	58.06	60.48
3	41.65	39.06	2490	2570	4.51	4.32	31	35	57.64	60.34
4	43.56	41.26	2260	2410	5.10	4.61	25	30	56.97	58.46
5	41.23	40.16	2540	2630	4.66	4.37	42	44	57.69	59.46
6	40.58	38.15	2460	2540	4.37	4.26	36	38	58.79	61.48
7	45.45	42.87	2010	2210	5.43	4.78	34	39	56.84	59.31
8	43.44	40.69	2330	2390	5.10	4.67	33	38	57.69	59.64
9	41.22	40.89	2360	2470	4.78	4.46	32	35	56.49	57.23
10	40.58	39.48	2470	2570	4.30	4.21	41	42	58.34	60.78
11	44.16	42.98	2040	2130	4.66	4.47	33	38	56.43	59.34
12	40.56	39.48	2490	2560	4.53	4.31	32	36	59.76	62.34
13	47.65	43.65	1940	2110	5.48	4.87	29	32	55.64	57.63
14	45.21	44.89	2080	2190	5.43	4.69	32	36	58.61	60.43
15	43.12	41.69	2340	2470	4.76	4.37	24	28	57.69	61.64
16	42.54	40.78	2360	2520	4.65	4.22	34	37	57.98	60.43
17	43.26	41.69	2140	2240	4.71	4.42	40	44	58.96	62.71
18	40.25	39.54	2390	2530	4.58	4.28	36	42	58.36	61.13
19	43.92	41.19	2240	2410	4.62	4.33	34	39	57.64	59.46
20	40.83	39.29	2310	2560	4.53	4.33	42	44	59.89	62.24
21	40.56	38.14	2440	2550	4.35	4.24	35	37	58.93	62.46
22	40.58	39.46	2480	2580	4.63	4.46	40	43	58.31	60.85
23	41.81	40.14	2530	2590	4.66	4.44	39	43	57.67	59.46
24	43.39	41.31	2240	2370	4.62	4.33	34	39	56.64	59.46
25	44.16	42.98	2040	2120	4.66	4.47	33	38	56.43	59.34
26	41.65	39.06	2490	2570	4.51	4.32	31	35	57.64	60.34
27	43.41	41.12	2230	2380	4.65	4.33	34	38	57.62	60.46
28	41.63	39.82	2380	2560	4.49	4.31	31	34	57.61	60.78
29	45.23	44.89	2080	2160	5.73	4.68	31	35	58.69	60.41
30	41.29	40.89	2370	2450	4.86	4.62	32	36	56.47	57.23

APPENDIX – II

**Score of Physical Fitness Variables of Alternate Pace Endurance
Training Group**

Sr. No	Speed Endurance		CRE		Endurance		Abdo. Strength Endurance		leg Strength	
	(300 M Dash)		Cooper Test		1600 m Run		Sit-ups		Leg Dynamometer	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
1	40.65	38.56	2560	2640	4.34	4.21	34	38	61.23	62.34
2	44.59	41.26	2530	2710	4.79	4.38	32	34	56.41	58.47
3	43.36	40.16	2430	2590	4.66	4.32	31	35	57.48	59.67
4	41.58	39.45	2510	2670	4.56	4.26	34	36	58.43	61.78
5	44.68	40.36	2130	2340	4.64	4.39	31	36	56.78	59.78
6	46.56	42.56	1940	2320	5.12	4.48	32	35	55.97	59.64
7	43.56	41.26	2310	2570	4.69	4.28	34	39	57.34	60.23
8	44.16	40.16	2060	2290	4.77	4.37	37	40	57.84	60.78
9	40.85	40.12	2610	2730	4.39	4.26	42	44	59.46	61.74
10	40.19	39.46	2570	2680	4.44	4.23	40	43	58.32	60.69
11	44.56	42.16	2130	2310	4.89	4.41	40	46	58.97	61.48
12	43.57	41.69	2340	2460	4.86	4.39	32	36	58.46	60.72
13	44.56	41.68	2170	2340	4.68	4.21	36	41	57.48	59.34
14	45.45	41.59	2040	2270	5.08	4.37	32	37	57.90	59.78
15	41.36	39.47	2410	2610	4.53	4.21	24	29	58.66	60.49
16	46.91	43.71	2070	2320	5.09	4.50	31	36	56.73	59.83
17	41.06	39.46	2580	2660	4.43	4.11	42	47	58.78	60.45
18	40.56	38.46	2510	2590	4.31	4.13	36	44	59.34	61.76
19	44.45	41.69	2030	2290	4.61	4.33	38	43	56.39	59.74
20	41.57	40.14	2470	2510	4.49	4.29	43	47	58.44	60.43
21	44.56	41.68	2170	2340	4.68	4.21	36	41	57.49	59.24
22	42.35	40.87	2410	2590	4.64	4.32	31	36	57.46	59.64
23	46.05	42.56	1940	2310	5.46	4.48	32	34	55.96	59.61
24	40.86	40.82	2540	2670	4.38	4.26	41	45	59.52	61.74
25	43.54	41.69	2320	2460	4.85	4.39	33	37	58.44	60.72
26	41.83	39.47	2540	2660	4.53	4.21	22	26	58.63	60.41
27	40.52	38.46	2490	2590	4.42	4.32	36	42	59.33	61.76
28	41.55	40.14	2460	2520	4.49	4.33	42	46	58.46	60.31
29	41.54	39.45	2510	2650	4.55	4.26	35	39	58.42	61.58
30	45.67	41.67	2010	2220	4.75	4.39	39	43	56.48	59.74

APPENDIX – III

Score of Physical Fitness Variables of Control Group

Sr. No	Speed Endurance		CRE		Endurance		Abdo. Strength Endurance		leg Strength	
	(300 M Dash)		Cooper Test		1600 m Run		Sit-ups		Leg Dynamometer	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
1	42.65	41.67	2460	2480	4.56	4.48	34	35	58.46	59.13
2	43.67	43.18	2310	2360	4.63	4.52	31	29	56.49	57.16
3	43.16	41.34	2470	2410	4.68	4.67	36	35	56.47	56.74
4	44.56	41.37	2210	2240	4.89	4.83	30	32	57.43	58.13
5	42.67	42.57	2540	2540	4.56	4.43	34	34	57.84	58.09
6	43.26	42.64	2340	2430	4.69	4.52	35	34	57.63	58.17
7	42.15	40.17	2480	2510	4.67	4.48	37	38	58.51	59.48
8	41.37	41.31	2570	2560	4.39	4.32	39	38	58.34	59.41
9	41.67	41.67	2490	2510	4.46	4.39	34	35	59.78	59.89
10	40.67	40.31	2610	2620	4.48	4.41	37	36	59.74	60.43
11	43.16	41.87	2210	2240	4.48	4.38	32	34	57.34	58.74
12	44.31	44.67	2430	2370	4.87	4.76	29	31	55.69	56.22
13	45.26	43.46	2170	2210	5.13	4.98	31	32	56.78	57.09
14	45.18	44.47	2100	2130	4.97	4.86	32	32	56.79	57.36
15	43.26	42.06	2170	2150	4.62	4.57	36	37	57.49	58.76
16	44.28	43.16	2030	2060	4.93	4.81	28	29	57.63	58.71
17	43.25	42.29	2130	2080	4.53	4.41	33	34	54.67	55.94
18	43.15	42.18	2040	2090	4.62	4.57	34	35	56.71	57.17
19	42.15	41.27	2210	2220	4.68	4.57	30	31	58.79	59.47
20	42.07	43.18	2270	2330	4.57	4.49	37	38	57.42	58.43
21	43.65	42.16	2300	2360	4.61	4.52	32	29	56.47	57.19
22	43.23	42.07	2380	2450	4.69	4.34	35	35	57.61	58.23
23	41.34	41.13	2560	2560	4.38	4.29	39	38	58.97	59.44
24	40.31	40.31	2620	2630	4.48	4.29	35	36	59.72	60.43
25	44.39	41.37	2210	2230	4.89	4.82	30	33	57.48	58.93
26	44.29	44.67	2430	2370	4.85	4.76	30	30	55.77	56.14
27	44.28	43.15	2030	2070	4.97	4.81	27	29	57.61	58.79
28	42.26	42.18	2310	2330	4.57	4.50	37	37	57.47	58.44
29	43.14	42.18	2040	2090	4.60	4.50	35	35	56.89	57.16
30	45.18	44.38	2120	2180	4.97	4.85	32	31	56.78	57.36

APPENDIX – IV

**Score of Physiological Variables of Slow Continuous
Training Group**

Sr. No	Heart Rate		Vital Capacity (DDS)		Blood Pressure (Systolic)		Blood Pressure (Diastolic)	
	Stethoscopes		Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
	Pre Test	Post Test						
1	66	65	4.02	4.08	113	109	79	75
2	71	68	4.11	4.21	109	108	74	71
3	73	69	3.68	3.89	118	114	81	76
4	72	70	3.63	3.87	126	122	86	82
5	69	67	4.21	4.34	117	113	77	75
6	68	67	3.87	4.07	113	109	73	72
7	71	69	3.46	3.74	121	117	84	79
8	70	67	4.19	4.31	128	122	81	79
9	70	68	3.85	4.06	115	110	75	73
10	73	69	4.06	4.32	107	101	76	70
11	73	69	3.48	3.85	127	121	82	77
12	71	68	4.08	4.19	112	109	78	75
13	70	68	3.51	3.74	120	116	84	78
14	73	69	3.61	3.92	118	117	81	79
15	71	67	3.48	3.88	114	110	76	74
16	73	69	3.29	3.97	117	113	75	73
17	73	68	3.31	3.61	113	107	78	75
18	70	68	4.11	4.19	106	104	79	76
19	69	67	3.26	3.76	119	115	76	74
20	68	67	4.34	4.48	111	104	75	72
21	66	65	3.86	4.08	113	110	77	75
22	69	67	4.02	4.18	115	112	75	73
23	73	69	3.51	3.93	124	119	81	78
24	69	67	3.41	3.87	117	112	76	74
25	73	69	3.73	3.97	117	112	81	75
26	69	67	3.87	4.08	113	107	71	72
27	71	68	3.69	3.87	121	117	84	77
28	73	69	3.62	4.09	116	117	74	73
29	69	69	3.41	3.74	120	113	83	80
30	73	69	3.86	4.02	113	109	78	74

APPENDIX – V

**Score of Physiological Variables of Alternate Pace Endurance
Training Group**

Sr. No	Heart Rate		Vital Capacity (DDS)		Blood Pressure (Systolic)		Blood Pressure (Diastolic)	
	Stethoscopes		Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
	Pre Test	Post Test						
1	68	66	4.08	4.23	107	103	76	74
2	71	67	3.59	3.97	123	120	84	81
3	73	68	3.71	4.07	117	115	76	75
4	69	67	3.98	4.18	111	109	79	77
5	73	70	3.49	3.89	119	117	83	79
6	68	67	3.29	3.61	123	119	81	78
7	70	68	3.57	3.89	114	111	78	76
8	68	67	3.60	3.96	108	106	82	80
9	73	69	4.12	4.28	110	108	75	73
10	71	68	4.18	4.30	107	103	76	73
11	68	66	3.48	3.86	122	119	83	79
12	67	66	3.61	4.03	118	113	77	75
13	69	67	3.56	3.91	123	120	79	76
14	73	69	3.57	3.96	120	113	74	74
15	71	69	3.94	4.07	108	105	78	75
16	68	66	3.43	3.94	121	117	83	78
17	69	67	3.87	4.03	117	114	80	77
18	72	69	4.09	4.18	106	104	77	72
19	73	70	3.49	3.85	114	112	80	76
20	67	66	3.76	4.21	109	106	81	76
21	69	67	3.85	4.03	108	112	78	77
22	69	68	3.56	3.93	123	120	78	76
23	71	69	4.14	4.26	110	107	75	73
24	69	66	3.64	3.96	124	118	83	79
25	69	66	4.07	4.23	106	102	76	73
26	72	70	3.78	4.07	114	109	76	74
27	67	66	3.43	3.94	121	120	82	79
28	69	70	3.55	3.87	117	111	79	77
29	68	65	3.48	3.88	122	121	82	79
30	71	66	3.71	4.06	115	116	77	75

APPENDIX – VI

Score of Physiological Variables of Control Group

Sr. No	Heart Rate		Vital Capacity (DDS)		Blood Pressure (Systolic)		Blood Pressure (Diastolic)	
	Stethoscopes		Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
	Pre Test	Post Test						
1	68	67	3.74	3.81	121	120	81	79
2	71	70	3.62	3.61	111	109	79	77
3	72	72	3.73	3.76	119	118	81	80
4	73	71	3.43	3.40	126	125	83	81
5	72	71	3.85	3.87	119	117	79	80
6	71	72	3.74	3.83	112	113	78	76
7	69	68	3.72	3.76	119	118	82	81
8	69	68	4.07	4.11	106	107	78	79
9	73	72	3.89	3.78	109	108	79	76
10	73	71	3.91	3.92	109	110	82	81
11	70	69	3.76	3.84	123	121	81	80
12	71	71	3.58	3.66	121	122	79	76
13	70	71	3.49	3.41	117	114	82	80
14	68	68	3.56	3.59	123	121	80	79
15	72	71	3.79	3.81	122	120	75	73
16	70	70	3.53	3.58	121	119	79	77
17	73	72	3.64	3.67	113	112	79	77
18	71	71	3.86	3.92	113	111	77	76
19	67	68	3.73	3.79	108	111	78	79
20	68	68	3.64	3.71	112	108	79	77
21	66	67	3.74	3.83	121	119	81	79
22	73	71	3.83	3.87	118	116	79	81
23	68	68	3.72	3.74	118	118	81	81
24	73	72	3.87	3.78	109	107	79	76
25	68	68	3.77	3.84	120	119	82	80
26	71	71	3.49	3.41	116	114	82	80
27	72	71	3.78	3.81	121	120	75	73
28	73	72	3.66	3.67	110	108	78	77
29	67	69	3.71	3.79	107	110	77	79
30	73	71	3.57	3.66	122	122	78	76

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