

Abstract

The goal of this work is to analyze the benefits and contribution of a training plan oriented on sports performance, measure the effectiveness of the designed training plans, and compare the results of these two different training methods using the measurements based on the achieved score in the Beep test. There are 40 students between 14-15 years old participating this research. These students will undergo the initial measurements in the Beep test at the beginning of the research. They will be then divided into two experimental groups. Each group will go through an eight-week program focusing on developing of the aerobic abilities, while the other group will be developing their endurance abilities using the continuous method. All subjects will be retested in the Beep test after completing the training program. A questionnaire survey will be an inseparable part of this work and is aimed to evaluate the perceived difficulty of the training program and the Beep test itself. This work also describes the physical activity of the youth, motor skills, the essence of endurance in sport, its various kinds, and different ways how to measure the endurance itself and sports performance in general. Suggestions and recommendations for the pedagogical practice are listed at the conclusion of this work based on the findings that have appeared after the conducted research which validated the positive impact of the training plan for being successful in the Beep test.

Key words: Endurance, physical activity, endurance abilities, interval training, continuous method, Beep test