

**Independent Study Title**     The Effect of Plyometric Training on The Time of  
50 Meter Freestyle Swimming

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### **ABSTRACT**

The aim of this study was to compare the effect of Plyometric training and regular training program with the regular program on the time of 50 meter freestyle sprinting. 20 young boys and girls with the ages of 6-12 years old from Rujirawong Swimming Club, Chiang Mai University participated in this study. They were equally divided into 2 groups with 10 persons each ; plyometric with regular training program group and a regular training program group . 50 meter freestyle sprinting time were recorded at pre and post a 8 week training program. The comparison of the times were statistically analyzed using a Paired Mann-Whitney U and T-test

The results showed a difference of mean time between pre-test and post-test inplyometric with regular training program group being 1.603seconds with a significant level of 0.01 While mean difference in the regular training program group was 0.38 seconds with a significant level of 0.01 Difference in mean time of plyometric with regular training program group was1.223 significantly greater than the regular training program group with a significant level of 0.01 In conclusion, a 8 week plyometric training with the regular training program could effectively increase the sprinting time of 50 meter freestyle in young sprinters.