

Effects of Sprint Interval Training on Field Hockey Players.

NCT06502626

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	28 participants

Key Eligibility Criteria

Inclusion (5)

- Age 18-30 years.
- Both males and females.
- Moderate level of training (Approximately 3 hours per week of activity).
- Playing experience of minimum 2 years.
- Being physically active in a self-reported manner (Approximately 150 minutes of physical activity weekly).

Exclusion (2)

- Systemic Conditions (unstable angina, systemic arterial hypertension, chronic obstructive pulmonary disease, diabetes mellitus, neoplasm, renal failure and sequelae of stroke).
- Any musculoskeletal issues that made it difficult to follow protocols or conduct testing.

Locations (1 total)

Pakistan sports Academy, Lahore, Punjab Province, Pakistan