

<b>Independent Study Title</b>	The Effect of Strength Endurance and Velocity of Leg Training by Running with Weights Up The Stadium-Stand and Speeding Training by Running Up and Down Hill; on The Speed Before Water Hurdle Jump of 3,000 Meters Male Steeplechase Athlete.	
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### ABSTRACT

This research is an experiment-cum-research to explore the results of ; the effect of strength endurance and velocity of leg training by running with weights up the stadium-stand and speeding training by running up and down hill; on the speed before water hurdle jump of 3,000 meters male steeplechase athlete. Samples for this research are selected with purposive sampling for six athletes for the national men's 3,000 meters steeplechase in the nationals intensive training program for 23<sup>rd</sup> SEA Games in Philippines. The criteria for the selection was the standard set by the Thai Athlete Association. The venue for the selection was the stadium in Thammasat University Rangsit Campus, Bangkok and Mae Hia Agricultural Research Station, Chiang Mai. The project was carried out from November 2004 to March 2005.

The study found that six weeks of strength endurance and velocity of leg training by running with weights up the stadium-stand and speeding training by running up and down hill , in conjunction with 3,000 Meters steeplechase training, improved the pre-water jump speed. Before the training, the speed was  $43.08 \pm 0.5076$  second. After six week training, the speed was  $42.55 \pm 0.3782$  seconds. Therefore, it could be concluded that the stamina training by running with weights up the stadium-stand and speeding training by running up and down the hill, in conjunction with 3,000 Meters steeplechase training, improves the speed at 30 Meters before the water jump with 0.05 level of statistical significance.