

Study of Physiological Components of Sprinters and Long-Distance Runners Rohtak Haryana

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Abstract: *This research investigates the contrasting physical profiles of sprinters versus distance runners residing in the township of Rohtak, Haryana. Physical characteristics of 40 male athletes (20 sprinters and 20 long-distance runners) in the age group of 18-25 years from colleges and sports academies were analysed in the region. A test integrally divided gauges various physiological parameters like cardiovascular endurance using Cooper's 12-Minute Run Test, muscular strength using 1-RM leg press and hand grip dynamometer, anaerobic efforts via the Wingate test, indirect VO_2 max, and flexibility using the sit-and-reach test. Body composition was assessed using BMI and skinfold measurements. The outcome indicated that anaerobic power and muscular strength were better in sprinters, while long-distance runners had better aerobic capacity and cardiovascular endurance. These results indicate the need for training individuals in sports to improve performance.*

Keywords: Physiological Components, Sprinters, Long-Distance Runners, Rohtak, Haryana

