

TABLE OF CONTENTS

	Page No
Title	i
Certificate	ii
Declaration	iii
Dedication	iv
Acknowledgement	v
Table of Contents	vii
List of Tables	xii
List of Illustrations	xiii
List of Appendices	xiv

CHAPTER I INTRODUCTION**1-21**

1.1	The Principle of Incline Training	1
1.2	Benefits of Incline Training on a Treadmill	1
1.3	Incline Training	2
1.4	Incline Training on a Treadmill	3
1.5	Incline Levels for Treadmill workouts	5
1.5.1	Speed and Incline Training	5
1.5.2	Intervals	6
1.6	Advantages of Treadmill Running	6
1.7	Influence of Selected Variables	9
1.8	Reasons for Selection of the Study	11
1.9	Objectives of the Study	13
1.10	Statement of the Problem	14
1.11	Hypotheses	14
1.12	Delimitations	15
1.13	Limitations	16
1.14	Significance of the Problem	17
1.15	Definition of Terms	18
1.15.1	Resting Heart Rate	18
1.15.2	Breath holding time	18
1.15.3	Systolic Blood Pressure	18
1.15.4	Diastolic Blood Pressure	18
1.15.5	Blood Glucose	18

1.15.6	Cholesterol	19
1.15.7	Proteins	19
1.15.8	Low Density Lipoprotein	19
1.15.9	Cardiopulmonary Endurance	19
1.15.10	Inspiratory Capacity	20
1.15.11	Total Lung Capacity	20
1.15.12	Vital Capacity	20
1.15.13	Speed	20
1.15.14	Explosive Power	21
1.15.15	Coordination	21
1.15.16	Inclination	21
CHAPTER II REVIEW OF RELATED LITERATURE		22-94
2.1	Studies related to Treadmill Training	23
2.2	Studies related to Physiological Variables	46
2.3	Studies related to Biochemical Variables	50
2.4	Studies related to Cardiopulmonary Variables	59
2.5	Studies related to Neuromuscular Indices	81
2.6	Summary of Review of related Literature	94
CHAPTER III METHODOLOGY		95-120
3.1	Selection of the Subjects	95
3.2	Selection of the Variables	96
3.2.1	Dependent Variables	96
3.2.2	Independent Variables	97
3.3	Research Design	97
3.4	Pilot Study	98
3.5	Reliability of Data	98
3.6	Tester's Reliability	100
3.7	Subject's Reliability	100
3.8	Reliability of Equipment	100
3.9	Orientation of the Subjects	101
3.10	Criterion Measures	102

3.11	Training Program	103
3.11.1	Treadmill Training under Varied Inclinations with Constant pace	103
3.11.2	Treadmill Training under Varied Pace with Constant Inclinations	105
3.11.3	Control Group	107
3.12	Collection of Data	107
3.13	Administration of Tests	107
3.13.1	Physiological Variables	107
3.13.1.1	Resting Heart Rate	107
3.13.1.2	Breath Holding Time	108
3.13.1.3	Blood Pressure	109
3.13.2	Biochemical Variables	110
3.13.2.1	Blood Glucose	111
3.13.2.2	Blood Cholesterol	111
3.13.2.3	Total Protein	112
3.13.2.4	Low Density Lipoprotein	112
3.13.3	Cardiopulmonary Variables	113
3.13.3.1	VO ₂ max	113
3.13.3.2	Vital Capacity	114
3.13.3.3	Inspiratory Capacity	115
3.13.3.4	Total Lung Capacity	115
3.13.4	Neuromuscular Indices	116
3.13.4.1	Speed	116
3.13.4.2	Shoulder Strength	117
3.13.4.3	Explosive Power	118
3.13.4.4	Coordination	119
3.13.4.5	5000m Performance	120
3.14	Statistical Procedures	120

CHAPTER IV	RESULTS AND DISCUSSIONS	121-175
4.1	Overview	121
4.2	Test of Significance	122

4.3	Level of Significance	122
4.4	Computation of Analysis of Covariance and Post Hoc test for Physiological Variables	123
4.4.1	Results on Resting Heart Rate	123
4.4.2	Results on Breath Holding Time	126
4.4.3	Results on Systolic Blood Pressure	129
4.4.4	Results on Diastolic Blood Pressure	132
4.4.5	Discussion on the Findings of Physiological Variables	134
4.5	Computation of Analysis of Covariance and Post Hoc test for Biochemical Variables	135
4.5.1	Results on Blood Glucose	135
4.5.2	Results on Blood Cholesterol	137
4.5.3	Results on Total Protein	140
4.5.4	Results on Low Density Lipoprotein	142
4.5.5	Discussion on the Findings of Biochemical Variables	144
4.6	Computation of Analysis of Covariance and Post Hoc test for Cardiopulmonary Variables	145
4.6.1	Results on VO ₂ max	145
4.6.2	Results on Vital Capacity	148
4.6.3	Results on Inspiratory Capacity	151
4.6.4	Results on Total Lung Capacity	154
4.6.5	Discussion on the Findings of Cardiopulmonary Variables	157
4.7	Computation of Analysis of Covariance and Post Hoc test for Neuromuscular Indices	158
4.7.1	Results on Speed	158
4.7.2	Results on Shoulder Strength	161
4.7.3	Results on Explosive Power	163
4.7.4	Results on Coordination	166
4.7.5	Results on 5000m Performance	169
4.7.6	Discussion on the Findings of Neuromuscular Indices	172
4.8	Discussion on Hypotheses	173

CHAPTER V	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	176-180
5.1	Summary	176
5.2	Conclusions	178
5.3	Recommendations	179
5.4	Suggestions for Further Research	180
	BIBLIOGRAPHY	181-192
	Books	181
	Journals	183