

LIST OF APPENDICES

APPENDIX	TITLE	PAGE
A	Raw scores of downhill running, uphill running and control groups on acceleration	185
B	Raw scores of downhill running, uphill running and control groups on speed	186
C	Raw scores of downhill running, uphill running and control groups on speed endurance	187
D	Raw scores of downhill running, uphill running and control groups on average anaerobic power	188
E	Raw scores of downhill running, uphill running and control groups on explosive power	189
F	Raw scores of downhill running, uphill running and control groups on fatigue index	190
G	Training Schedule for Downhill and Uphill running	191