

**Table 3. Mean and standard deviation values of the measurement scores of the athletes participating in the study according to groups**

| Variables                   | Groups | Pre-Test  |      | Post Test |      | p            | Improvement Rate % |
|-----------------------------|--------|-----------|------|-----------|------|--------------|--------------------|
|                             |        | $\bar{x}$ | ss   | $\bar{x}$ | ss   |              |                    |
| <b>Sprint 10m (sec)</b>     | RT     | 1.87      | .041 | 1.77      | .049 | .763         | 6                  |
|                             | HIPT   | 1.79      | .031 | 1.69      | .031 |              | 6                  |
| <b>Sprint 30m (sec)</b>     | RT     | 4.77      | .250 | 4.31      | .292 | .206         | 10                 |
|                             | HIPT   | 4.47      | .246 | 4.13      | .192 |              | 8                  |
| <b>Sprint 40m (sec)</b>     | RT     | 5.89      | .147 | 5.36      | .178 | <b>.000*</b> | <b>9</b>           |
|                             | HIPT   | 5.40      | .156 | 5.13      | .099 |              | <b>5</b>           |
| <b>Long Jump (cm)</b>       | RT     | 2.30      | .167 | 2.36      | .190 | <b>.000*</b> | <b>3</b>           |
|                             | HIPT   | 2.13      | .077 | 2.46      | .065 |              | <b>15</b>          |
| <b>Triple Hop Right (m)</b> | RT     | 7.12      | .057 | 7.33      | .112 | .166         | 1                  |
|                             | HIPT   | 6.84      | .204 | 7.14      | .199 |              | 4                  |
| <b>Triple Hop Left (m)</b>  | RT     | 7.08      | .084 | 7.22      | .066 | .014         | 2                  |
|                             | HIPT   | 6.79      | .117 | 7.05      | .118 |              | 4                  |
| <b>505 COD test (sec)</b>   | RT     | 5.15      | .119 | 4.85      | .000 | .438         | 6                  |
|                             | HIPT   | 4.98      | .087 | 4.71      | .125 |              | 5                  |

\*p<.05