OBJECTIVES OF THE STUDY:

1. To study the developments in endurance taking among the college level athletes by imparting continuous training method only.
2. To study the developments in endurance taking among the college level athletes by imparting continuous training method and pranayama.
3. To study the developments in endurance taking among the college level athletes by imparting interval training method only.
4. To study the developments in endurance taking among the college level athletes by imparting interval training method and pranayama.
5. To compare the developments in endurance taking among the college level athletes by imparting continuous training method only and interval training method only.
6. To compare the developments in endurance taking among the college level athletes by imparting continuous training method along with pranayama and interval training method along with pranayama.
7. To find out the developments taking in endurance ability among college athletes.
8. To understand about specific endurance development method will enhance the endurance among the college athletes.
9. To understand various dimensions of endurance ability supplemented along with pranayama at a particular age group of athletics.
10. To find out the endurance enhancement through different techniques of training methods.