HYPOTHESIS:

**H1:** According to the researcher, there may be significant difference of development of endurance through continuous training method and interval training methods of athletes.

**H2:** According to the researcher, there may be significant difference of development of endurance through continuous training method along with pranayama and interval training method along with pranayama.

**H3:** According to the researcher, there may be significant difference of development of endurance through continuous method with pranayama when compared to the only continuous training method.

**H4:** According to the researcher, there may be significant difference of development of endurance through interval training method with pranayama when compared to the only interval training method.