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Journal Homepage



## A Comparative Study of Intense Continuous and Intermittent Aerobic Training on Physiological Factors in Football Players

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### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

The introduction should provide a stronger rationale for why it is important to compare intense continuous and intermittent aerobic training specifically in football players.

The description of the training protocols should be more detailed. For instance, specify the rest intervals in the continuous training group if any.

"The continuous aerobic group trained thrice weekly at 90-95% of their maximum heart rate while the intermittent group performed 30 minutes of high-intensity training followed by 30 minutes of rest also thrice weekly." (Methods and Materials, Page 3)

Detail what the control group did during the study period. Were they completely inactive, or did they maintain their usual activities?

"The participants were randomly divided into three groups: an intense continuous aerobic exercise group an intense intermittent program group and a control group each consisting of 15 players." (Methods and Materials, Page 3)

Clarify the validation and reliability of the measurement tools used (e.g., Beurer BM40 blood pressure monitor).

"Resting heart rate and blood pressure were measured using the Beurer BM40 blood pressure monitor manufactured in Germany." (Methods and Materials, Page 5)

Provide details on the statistical tests used and justify their selection. Mention if assumptions for these tests were checked.

"Paired t-tests were used to compare pre-test and post-test values and independent t-tests were used to compare differences between groups." (Methods and Materials, Page 6)

Authors revised the manuscript and uploaded the document.

## 1.2 Reviewer 2

Reviewer:

"Identifying innovative training methods that improve physical fitness and physiological factors in athletes has become a significant challenge attracting the attention of coaches and sports specialists." (Introduction, Page 2)

Include a justification for the chosen sample size of 45 participants. Was a power analysis conducted to determine this number?

"This quasi-experimental study involved 45 young football players who met specific inclusion criteria..." (Methods and Materials, Page 3)

Provide more details about the randomization process used to assign participants to the three groups.

"The participants were randomly divided into three groups..." (Methods and Materials, Page 3)

Add a table comparing baseline characteristics of the three groups to ensure there were no significant differences at the start of the study.

"Other characteristics of the participants are presented in Table 1." (Methods and Materials, Page 4)

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.