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Research Title	<b>A comparative study of the impact of interval training and continuous training on completing the 100 meters freestyle swimming</b>			
Shared or Single	<input type="radio"/> Shared name			<input checked="" type="radio"/> Single
Published Journal title	<b>Journal of Physical Education - Physical Education -University of Baghdad</b>			
Volume Number	<b>Twenty – four Issue</b>			
Page	<b>29</b>			
Year	<b>2009</b>			

Abstract

**The research was conducted to identify the impact of training and continuous training mounted on the delivery of 100m freestyle swimming through the application of a training curriculum for a period of 8 weeks by three training modules per week, for a sample of swimmer iraqi national team for season 2004/2005 , who are 8 style , has divided into two each of the 4 style ,as he had been aparity between them in the level of achievement as well as homogeneity , also was aimed at developing curriculum delivery through the use of the training curriculum of twenty-fur module mounted on the approved training and the other as the ongoing training , as had been conducting tests at the end of tribal application platform has been testing zuhr.**

**The researcher concluded the emergence of moral differences in the results of achievement tests in the two tribal and Zuhr and for the benefit of the tests Zuhr .**