

**THE INFLUENCE OF SINOM DRINK ON VO2MAX VALUE OF  
SOCCER ATHLETES PERSATUAN OLAHRAGA  
DESA KALISAT**

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**ABSTRACT**

VO2max is the maximum ability to consume oxygen that is used every minute when a person has done maximum physical activity. Sinom drink contain antioxidants that was vitamin C, which can increase the VO2max value, so it can produce good performance for athletes. The purpose of this research was to determine the effect of giving sinom drink on the VO2max value of soccer athletes. This research is a quasi experimental study with a *Pretest-Posttest with Control Group Design*. The sampling technique was carried out randomly, with a total sample of 28 members of PORDES FC Kalisat divided into 2 groups, that was 14 treatment groups and 14 control groups. The treatment group was given 600 ml of sinom drink for 7 days, while the control group was given 600 ml of mineral water for 7 days. The results showed that the average VO2max value before intervention in the treatment group was 46.65 ml / kgBB / minute, and the control group was 46.38 ml / kgBB / minute. The average of VO2max value after intervention in the treatment group was 51.44 ml / kgBB / minute, and the control group was 46.19 ml / kgBB / minute. The conclusion of this research was that there are a significant difference in VO2max values between the treatment group and the control group.

Keywords : VO2max and Sinom drink