LIST OF TABLES

Table No.	Title Page	Page No.	
I	The Criterion Measures	102	
II	Reliability Co-efficient of Test Retest Scores	103	
III	Weight Training Schedule	111	
IV	Circuit Training Schedule	112	
V	Interval Strength Training Schedule	112	
VI	Mean, Standard Deviation of four groups on Speed	118	
VII	ANCOVA on Speed	119	
VIII	Post-hoc analysis on adjusted mean values of speed	119	
IX	Mean, Standard Deviation of four groups on Strength	120	
X	ANCOVA on Strength	121	
XI	Post-hoc analysis	122	
XII	Mean, Standard Deviation of four groups on Explosive Power	er 123	
XIII	ANCOVA on Explosive Power	124	
XIV	Post-hoc analysis	124	
XV	Mean, Standard Deviation of four groups on Agility	125	
XVI	ANCOVA on Agility	126	
XVII	Post-hoc Analysis	127	
XVIII	Mean, Standard Deviation of Four Groups on Endurance	128	
XIX	ANCOVA on Endurance	129	
XX	Post-hoc Analysis	129	
XXI	Mean, Standard Deviation of Four Groups on Batting	130	
XXII	ANCOVA on Batting	131	
XXIII	Post-hoc Analysis	132	
XXIV	Mean, Standard Deviation of Four Groups on Bowling	133	
XXV	ANCOVA on Bowling	134	