

The purpose of this study was to compare the effects of music on measures of anaerobic power: peak power, time at peak power, average power, minimum power, power drop, max speed, power and time at max speed, decline in power and total energy produced. Twenty three subjects (Height = 174 ± 8.46 cm, Weight = 72.77 ± 13.0 kg, Age = 22 ± 2 years) were recruited via word of mouth, then divided into two groups using a counterbalanced design to determine if they would perform their first Wingate with or without music (independent variable). The subjects then chose five songs from a list of preselected songs, falling between 100 and 150 beats per minute. Music did not significantly influence any measures of anaerobic power output; dependent samples t-test results revealed non-significant differences between conditions ($p > .05$). However, trends were observed for the benefit of music on time at peak power, minimum power, power at max speed, and time at max speed. On average, subjects exhibited a lower power drop with music as well. Therefore, music may have some benefit on anaerobic power output, but further research is necessary to clarify the magnitude of influence. When training, it is beneficial to train at a higher intensity and if music allows an athlete to do so, an increase in training results may be observable.