

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who had been sedentary for at least 1 year. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at the beginning and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and HRR of the subjects. The HR at rest decreased from 72 to 68 beats per minute, and the HRR increased from 28 to 32 beats per minute. The control group showed no significant changes in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

MODULANCA CONTRATTI DI RENDITA A TRE

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