

# **The effect of heart rate after low intensity sustained running between two different acute exercises of rowing ergometer**

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## **Abstract**

**Purpose:** The purposes of this research were to compare low intensity sustained running heart rate after doing high intensity sustained and interval rowing ergometer.

**Methods:** The subjects were 12 healthy PE students. Mean physical characteristic of the subjects were as follows: age,  $25.4 \pm 3.08$  years old; height:  $173 \pm 4.36$  cm; weight:  $72.6 \pm 8.21$  kg. All of the subjects run 2.5 m/s for 5 minutes before (T-1) and after (T-2) two kinds of rowing exercise. Record the fifth minutes heart rate of the running. Using the T-1 heart rate to divide subjects into two groups (Sustained and Interval). Group sustained training program is 1000 m rowing. Group interval is 5 x 200 m rowing. Rowing ergometer intense were set at level 4. **Results:** We found no significant different between T-1 and T-2 heart rate. Group sustained from T-1 to T-2 heart rate increase  $17 \pm 8.2$  min<sup>-1</sup> ( $p > 0.05$ ). Group interval from T-1 to T-2 heart rate increase  $15 \pm 5.12$  min<sup>-1</sup> ( $p > 0.05$ ). **Conclusions:** The heart rate is higher in low intensity sustained running after doing two kinds of high intensity exercises. And interval row might result in lower variation than sustained row.

**Key words:** Heart rate 、 High intensity exercise 、 Low intensity sustained running