



The effect of 3 days training with strength endurance and adjustable speed continuous training on heart rate and lactate curve

(case studies)

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Abstract

The purpose of this study was to observe the effect of strength training and adjustable speed continuous training on systemic circulation anaerobic energy metabolism. Subject: one healthy golf player, age: 20 years old, height: 175 cm, weight: 75.3 kg participated in this study. Methods: The training period for three days, including 4 times the test. Pretest (T-1) and posttest (T-2) diagnostics were used incremental exercise workload test, training to adapt to the test (Tr-1 and Tr-3). After strength endurance and adjustable speed continuous training in three days, the maximal lactate concentration at the 4.5 m/s in Pretest (T-1) and posttest (T-2) were 8.45 mmol/l and 7.25 mmol/l, before training to decrease 1.2 mmol/l. Training test is to determine a time-consuming adaptation and healthy golf player in the strength endurance and adjustable speed continuous training in three days, after the first day of training (Tr-1) and the last day of training (Tr-3) in the average output power and heart rate were 428 watt and 202 min⁻¹ (Tr-1), 440 watt and 185 min⁻¹ (Tr-3). In the adjustable speed continuous training, the speed in 4.0 m/s on heart rate were 195 min⁻¹ (Tr-1) and 176 min⁻¹ (Tr-3). Conclusion: strength endurance used rowing ergometer and continuous running training in three days can improve the systemic circulation and muscle anaerobic energy metabolism. Therefore the suggested is 1-2 times can be arranged this training methods in the preparation and specific training periods.

**Keyword: Rowing Ergometer, adjustable speed continuous training ,
incremental exercise workload**