

ZNANOST v TELESNI VADBI

Kako se telo prilagaja vzdržljivostni vadbi

To je primer, kako se telo prilagaja vadbi za vzdržljivost. Ta predstavlja za organizem fiziološki stres, na katerega se telo odzove s takojšnjo prilagoditvijo.

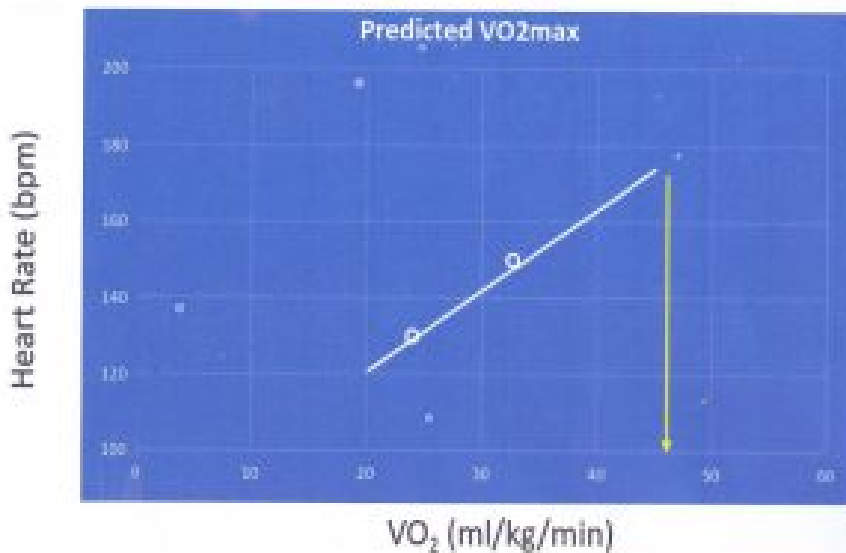
Alice je 27-letna ženska s sedentarnim načinom življenja, ki se je odločila za začetek aerobnega programa usposabljanja za svoje zdravje in fitnes. Pred začetkom svojega programa za trening je bil njen Vo_2 max 38 ml / kg / min. Po 6 mesecih rednega teka, plavanja in kolesarjenja se je njen VO_2 max povečal na 52 ml / kg / min.

Osnovna prilagoditev vadbe z rednim treningom vzdržljivosti je povečanje maksimalnega $V'O_2$ max. Razlog za povečanje je povezan z izboljšanjem oskrbe s kisikom (kardiovaskularna prilagoditvev) in izboljšanjem porabe kisika v mitohondrijskih celicah mišic . Atleti v vzdržljivostnih ali aerobnih aktivnostih, kot so tekmovalci v smučarski tekih, kolesarji in maratonci, imajo najvišje ocenjene vrednosti za $V'O_2$ max.

V povezavi je primer mojega končnega testa Coursera :[SCIENCE OF EXERCISE.](#)

[Narejen je tudi spletni \$VO_2\$ max kalkulator.](#)

Shrani [Android verzijo.](#)



How body adjust to endurance exercises

This is an example of how the body adjusts to endurance exercises. A single training session is a physiological stress, on which the body responds with immediate adjustment.

Alice is a 27-year-old sedentary female who has decided to begin an aerobic training program for her health and fitness. Prior to beginning her training program, her VO_2 max was 38 ml/kg/min. After 6 months of regular running, swimming, and cycling, VO_2 max increased to 52 ml/kg/min.

The basic adaptation to exercise with regular endurance training is to increase the one's $\text{V}'\text{O}_2$ max. The reason for the increase is related to improving supply in oxygen delivery (cardiovascular adaptations) and improving the use of muscle mitochondrial oxygen. Endurance or aerobic activities like cross-country skiers, cyclists, and distance runners have the highest rated values for $\text{V}'\text{O}_2$ max.

This is an example from my Coursera FINAL COURSE ASSESSMENT in [SCIENCE OF EXERCISE](#).

There is also my web [VO2max calculator](#).

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Reference

[Science of exercise](#), [Coursera](#)