ZNANOST v TELESNI VADBI

Kako se telo prilagaja vzrdržljivostni 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.

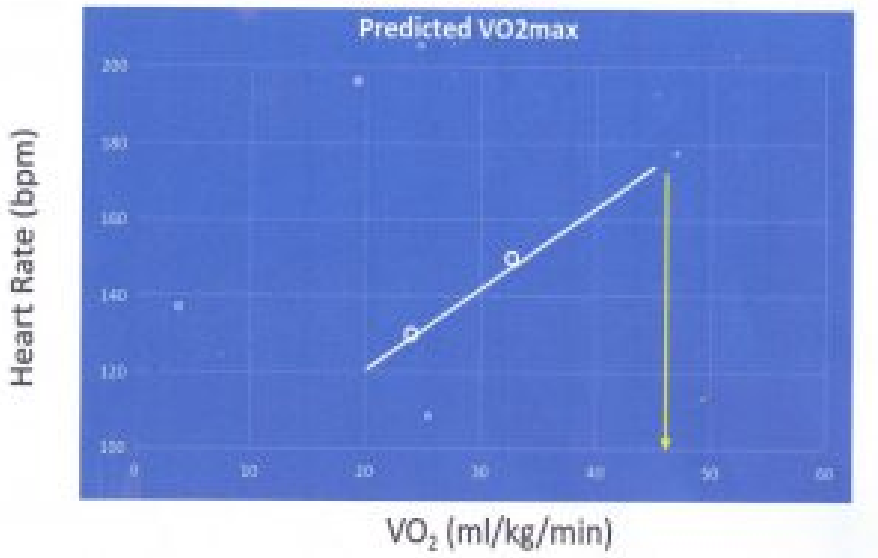
Alice je 27-letna ženska s sedentarnim načinom življenja, ki se je odločila za začetek aerobnega programa usposabljanja za svoje zdravje in fitnes. Pred začetkom svojega programa za trening je bil njen Vo2 max 38 ml / kg / min. Po 6 mesecih rednega teka, plavanja in kolesarjenja se je njen VO2max povečal na 52 ml / kg / min.

Osnovna prilagoditev vadbe z rednim treningom vzdržljivosti je povečanje maksimalnega V'O2 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'O2 max.

V povezavi je primer mojega končnega testa Coursera :SIENCE OF EXERCISE.

Narejen je tudi spletni VO2max kalkulator.

Shrani Android verzijo.



How body adjust to endurance exercises

This is a one example how body adjust to endurance exercises. A single training 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 aerobic training program for her health and fitness. Prior to begininhg her training program her Vo2 max was 38ml/kg/min. After 6 month of regular running ,swimming and cycling VO2max inreased to 52ml/kg/min.

The basic adaptation to exercise with regular endurance training is to increase the one's V˙O2 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 V˙O2 max.

This one example was my Coursera FINAL COURSE ASSESMENT in SIENCE OF EXERCISE.

There is also my web VO2max calculator.

Download Android version.

Reference

Science of exercise, Coursera