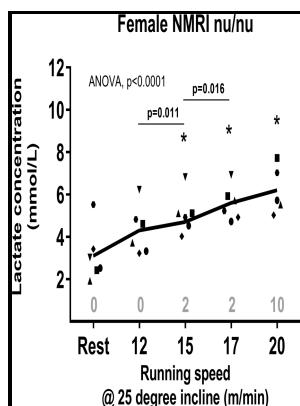


Role of maximal oxygen consumption, conditioning, and maximal steady state in determining the lactate removal rate and optimal recovery work intensity following strenuous exercise.

Microform Publications, College of Health, Physical Education and Recreation, University of Oregon - The Concept of Maximal Lactate Steady State, Sports Medicine



Description: -

-role of maximal oxygen consumption, conditioning, and maximal steady state in determining the lactate removal rate and optimal recovery work intensity following strenuous exercise.

-role of maximal oxygen consumption, conditioning, and maximal steady state in determining the lactate removal rate and optimal recovery work intensity following strenuous exercise.

Notes: Thesis (Ph.D.) University of Missouri, 1979.

This edition was published in 1981



Filesize: 69.106 MB

Tags: #The #Concept #of #Maximal #Lactate #Steady #State, #Sports #Medicine

A Review of the Concept of the Heart Rate Deflection Point

Montréal: Université de Montréal, 1996 54.

The Concept of Maximal Lactate Steady State, Sports Medicine

Eur J Appl Physiol 1994; 68: 214-8 164.

The Concept of Maximal Lactate Steady State, Sports Medicine

Reliability, reproducibility and validity of the individual anaerobic threshold.

The Concept of Maximal Lactate Steady State, Sports Medicine

Effects of air resistance on the metabolic cost and performance of cycling. Mocellin R, Heusgen M, Gildein HP. Int J Sports Med 2000; 21: 366-8 88.

A Review of the Concept of the Heart Rate Deflection Point

Hofmann P, Bunc V, Leitner H, et al.

Methods to Determine Aerobic Endurance

Int J Sports Med 1999; 20: 374-8 110. Although the individual may perform more than one series where the intensity of recovery interval is increasing, the individual is exhausted only at the last series and the TMW is not based on a combination of exhaustion times. Comparison of a mathematical model to predict 10km performance from the conconi test and ventilatory threshold.

Methods to Determine Aerobic Endurance

Eur J Appl Physiol 1981; 46: 423-30 187.

The Concept of Maximal Lactate Steady State, Sports Medicine

Henritze J, Weltman A, Schurrer R, et al. Interval training at V O₂max: effects on aerobic performance and overtraining markers. Hoogeveen AR, Hoogsteen J, Schep G.

Related Books

- [Tapas in experimental mathematics - AMS Special Session on Experimental Mathematics in Action, Janua](#)
- [Être parents](#)
- [Foul perfection - essays and criticism](#)
- [Bizkaia y Bilbao en tiempos de la Revolución Francesa](#)
- [Post offices of New Mexico](#)