عنوان فارسی مقاله:
تاثیرات برنامه تمرین تناوبی با شدت بالا به ازای آموزش با حالت پایدار بر ظرفیت هوازی و بر هوازی

عنوان انگلیسی مقاله:
The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity

توجه!
این فایل تنها قسمتی از ترجمه میباشد. برای تهیه مقاله ترجمه شده کامل، با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک نمایید.
Conclusion

In conclusion, in this population of relatively untrained but healthy young adults, our results suggest no particular advantage for very high intensity training models, such as that which has been widely adapted from the results of Tabata et al. (1996). The observation that the Tabata protocol was less enjoyable is not surprising. The progressive loss of enjoyment across all the protocols suggests that perhaps variety in the type of exercise is as important as the type of exercise per se. Particularly considering that the health benefits of exercise have to be viewed in the context of the likelihood that exercise is continued for several years, not just the weeks of a controlled study. Perhaps, in our quest to find the ‘perfect exercise’ we have missed the more important issue of how to make exercise enjoyable enough to be continued long term.