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The effects of a 24-week deep water aerobic training program on cardiovascular fitness

E Piotrowska-Całka

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The purpose of this study was to determine the influence of prolonged deep water aerobic training on cardiovascular fitness. Two groups of women, each consisting of 19 women between the ages of 30-62 participated in this research. Group "A" (mean age of 49.2 ± 8.7) participated in a 24-week deep water training program, exercising twice a week for 45 minutes. All 45 minute sessions were divided into three parts: the warm-up, the aerobic segment, and the cool-down including stretching elements. During the aerobic portion, the subjects were told to exercise at a moderate intensity which was established by used Karvonen's formula for water exercise and self-regulated by used of a Sport-tester Polar 800i. Subjects in group "A" were tested before and after 24 week program with the Bruce Protocol cardio-effort test when compared to the control group " B" (19 females with an average age of 48.7 ± 8.1). Group "A" demonstrated significant improvement in aerobic capacity after deep water aerobic program (before= 10.1 ± 2.2 MET, after= 11.1 ± 2.0 MET, $p < 0.01$), also were demonstrated significant reduction of response systolic blood pressure and resting heart rate (before 84.5 ± 14.3 bpm, after 75.8 ± 10.0 bpm, $p < 0.05$). The results of these study support the use deep water aerobic training as an alternative form of exercise to land-based training for unfit middle age participants.

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