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Physical work capacity of athletes with different types of adaptation of the cardiorespiratory system

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Abstract

Indices of physical work capacity in athletes with different types of adaptation of the cardiorespiratory system that are engaged in various kinds of sports and have sports ranks from Master of Sports to Grade 2 have been studied. It has been shown that the highest physical work capacity is typical of athletes that have the inotropic type of adaptation, and the lowest, of athletes with the chronotropic type of adaptation. High indices of physical work capacity were recorded in athletes with the respiratory type of adaptation. Types of adaptation affect the indices of physical work capacity, and it is possible to forecast sports results on their basis. © MAIK Nauka 2008.

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