

Baseline Karakteristika

	Men	Women
n	13	18
Anthropometric data		
Age (yr)	47 ± 9	46 ± 8
Height (cm)	176.0 ± 6.8	167.2 ± 6.6
Weight (kg)	83.9 ± 12.4	68.2 ± 11.1
BMI (kg•m ⁻²)	27.0 ± 2.9	24.3 ± 3.3
Body fat (%)	21.3 ± 2.9	23.6 ± 3.9
Hemodynamic characteristics at rest		
HR (bpm)	68 ± 7	69 ± 8
Systolic BP (mmHg)	124 ± 8	118 ± 9
Diastolic BP (mmHg)	83 ± 6	78 ± 8
Peak exercise performance		
VO _{2max} (mL•min ⁻¹)	3019 ± 378	2231 ± 324
VO _{2max} (mL•min ⁻¹ •kg ⁻¹)	36.3 ± 4.1	33.1 ± 4.2
V _{max} (km•h ⁻¹)	12.1 ± 1.1	10.4 ± 1.2
HR _{max} (b•m ⁻¹)	186 ± 15	183 ± 11
La _{max} (mmol•L ⁻¹)	9.3 ± 2.0	8.7 ± 2.4
RER _{max}	1.2 ± 0.1	1.2 ± 0.1

Values are means ± SD; BMI, body mass index; HR, heart rate; BP, blood pressure; $\dot{V}O_{2max}$, maximum oxygen uptake; V_{max}, maximum speed; La_{max}, maximum lactate; RER_{max}, maximum respiratory exchange ratio;

Participant flow chart.

Health issues were respiratory tract infections or musculoskeletal problems (e.g. overuse injuries)

