Aerobic fitness in a group with substance dependency and psychiatric disorders

Subjects

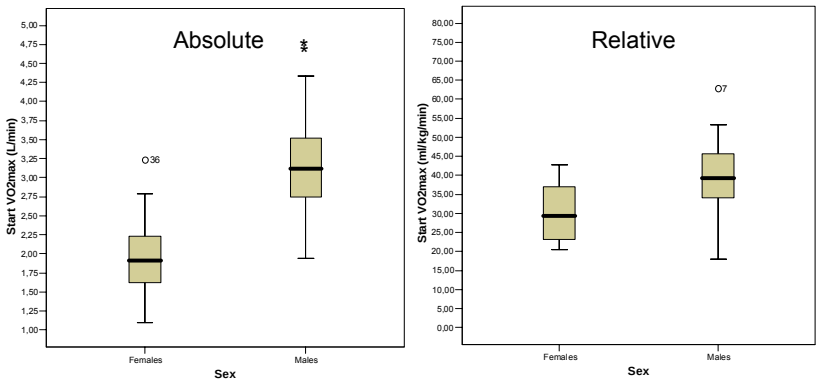
	Females (n=17)	**Males** (n=37)	**P<**
Age (yr)	28.9±2.5	30.7±1.4	n.s
Body mass (kg)	66.9±4.7	80.8±2.8	0.01
BMI (kg m^{-2})	22.9±2.8	25.3±4.3	0.05
Debut age of abuse (% before age 18)	71	36	0.02

Results

	Men (n=13) **LT cycling**	**Men (n=24)** **LT running**	**Females (n=7)** **LT cycling**	**Females (n=10)** **LT running**
$Load_{LT}$	96.9±53.6 (W)	7.8±1.6 (km h^{-1})	66.1±30.7(W)	7.5±1.1 (km h^{-1})
RPE_{LT}	12.3±2.6	12.3±1.6	10.6±2.5	13.2±1.0§
HR_{LT}	126.9±19.6	143.7±13.3 §	121.1±14.0	153.4±15.4 § ▲
cLA^{-}_{LT}(mM)	3.0±0.6	2.5±0.4 §	2.4±0.2*	2.5±0.3
VO_{2max}(L min^{-1})	2.96±0.61	3.69±0.74 §	1.49±0.23*	2.48±0.33 §*
HR_{max}	173.5±14.5	191.7±11.1 §	166.8±13.4	189.0±9.0§
$\%HR_{max}$	72.4± 7.3	75.5 ± 6.2	69.7±2.5	79.2±8.4§

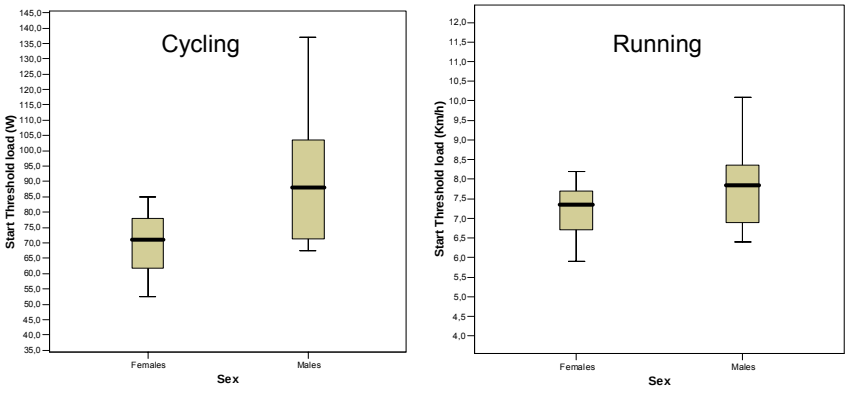
* = significant difference between males and females, p<0.05
§= significant difference between cycling and running, p< 0.05
▲= tendency for difference between cycling and running, males vs females

$VO2_{max}$ at project start

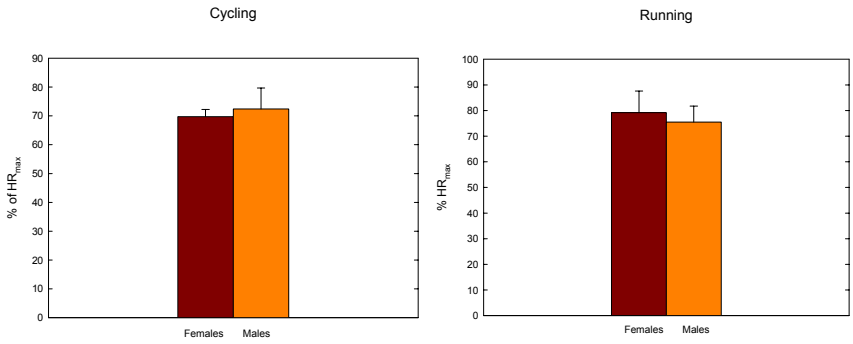


* = significant difference between males and females

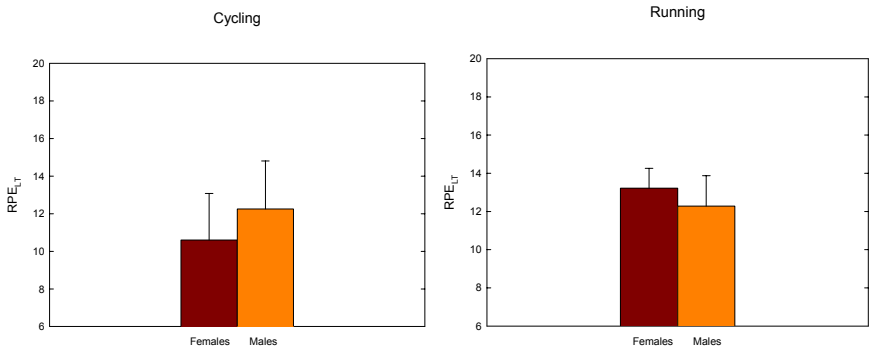
Threshold load at project start



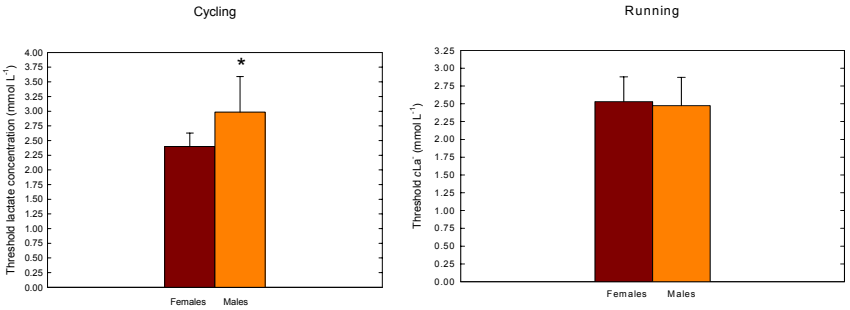
Percent of HR_{max} at Threshold



RPE at Threshold



Blood lactate concentration at Threshold



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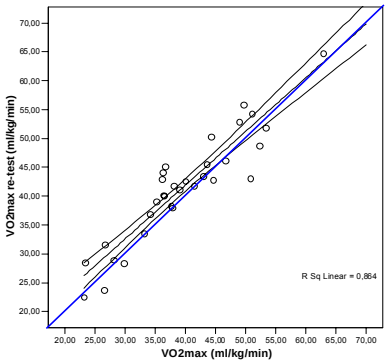
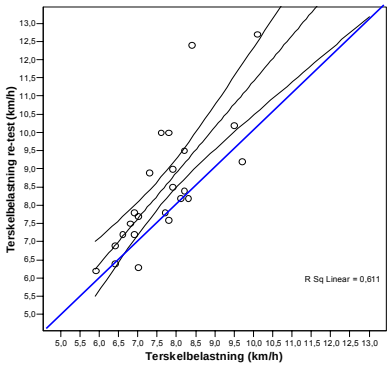
Development of physical fitness





Blue line is line of identity