



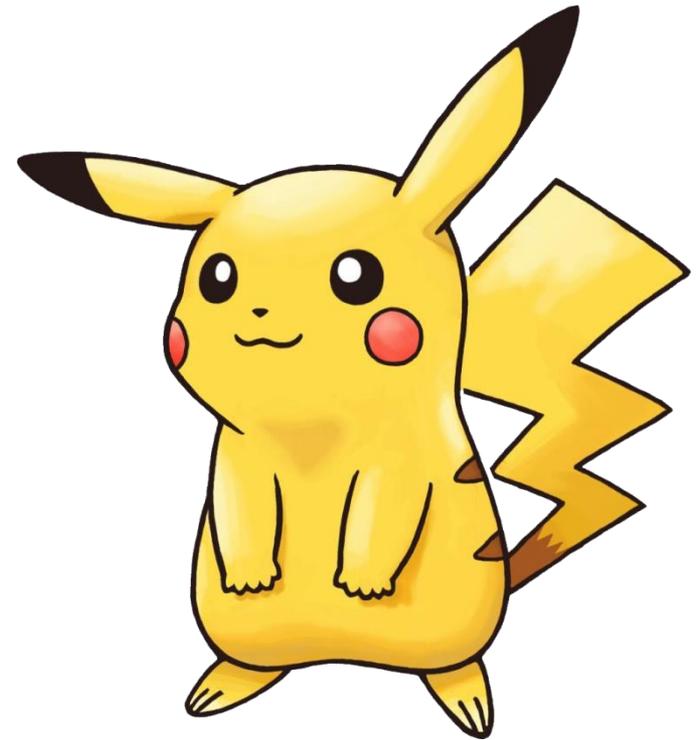
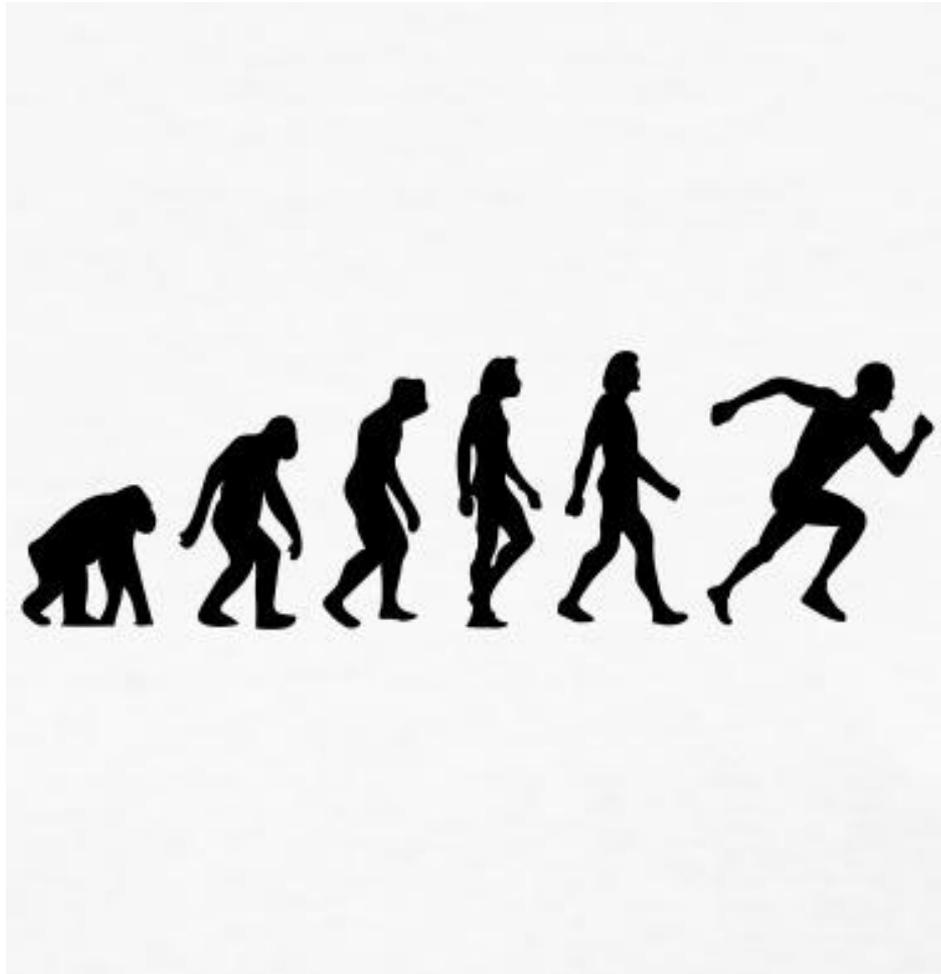
“Zappa” teg í betri kropsligan form

Magni Mohr

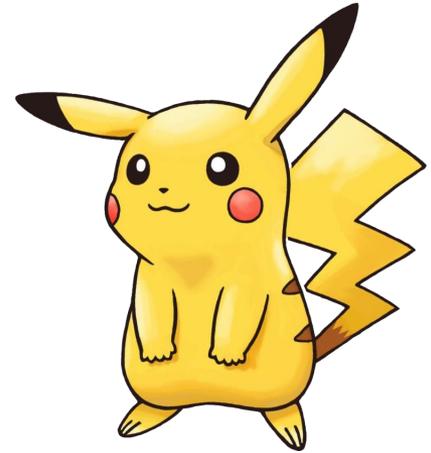
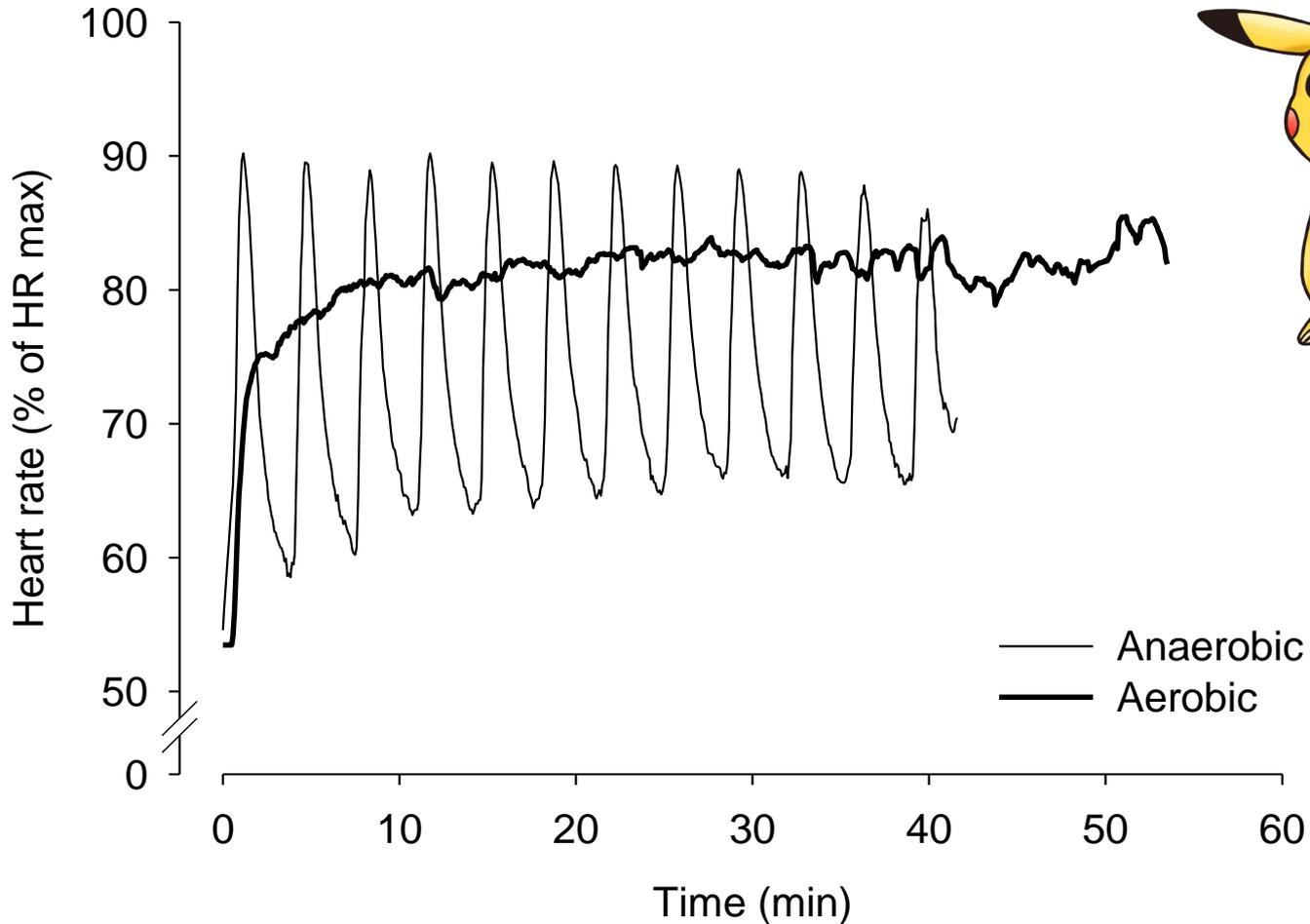
Depilin fyri Heilsugransking

Fróðskaparsetur Føroya

Menniskja designað til intervalvenjing

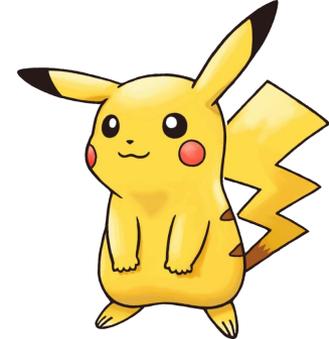


Pulsur undir venjing



Ótrenaðir menn

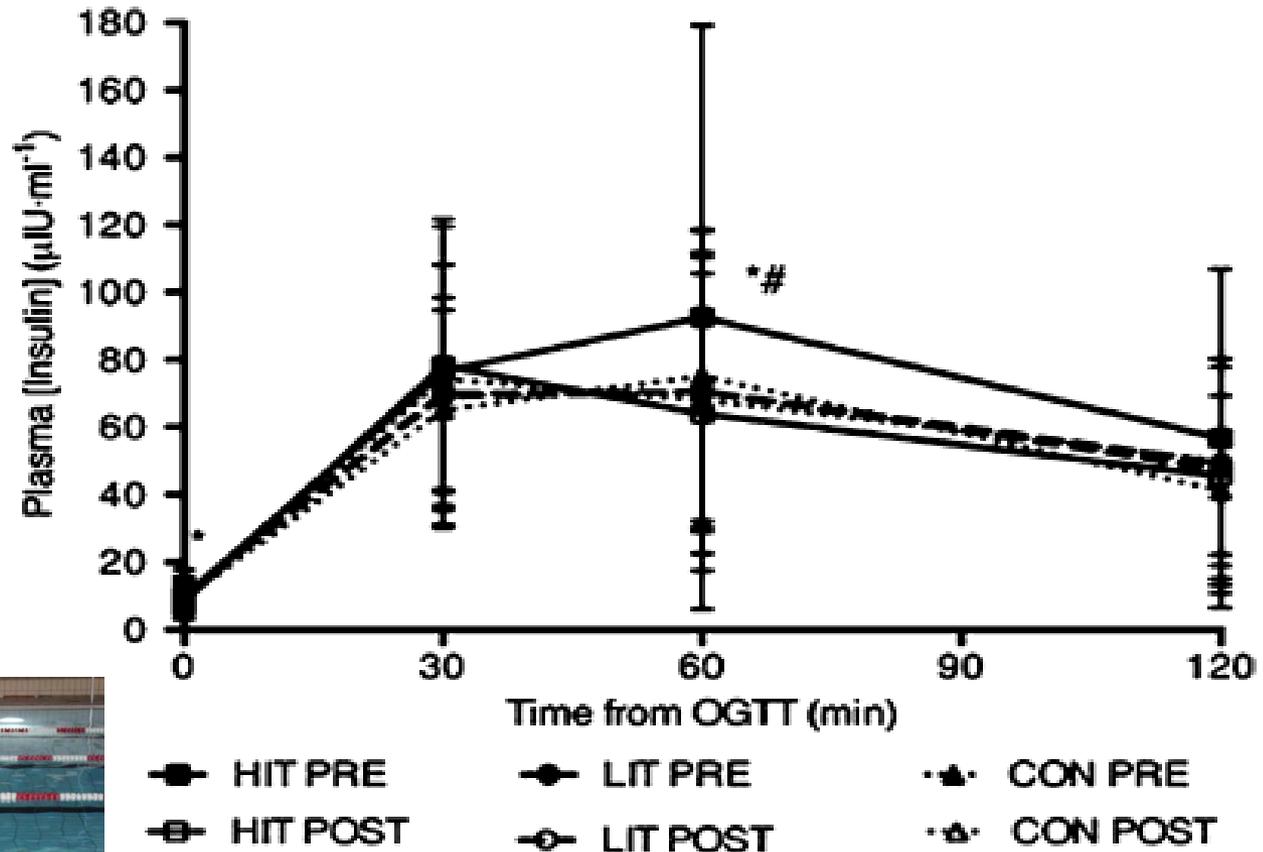
- 5 x 2 min skjót renning
- 2 ferð um vikuna í 12 vikur



	Intense Interval Running	
	Before	After
Fat oxidation during walking ($\text{kJ}\cdot\text{min}^{-1}$)	10.2 ± 2.7	12.3 ± 2.8
Fat oxidation during running ($\text{kJ}\cdot\text{min}^{-1}$)	2.8 ± 2.3	4.1 ± 3.0
Fasting total cholesterol (mM)	5.1 ± 0.2	5.0 ± 0.2
Fasting HDL cholesterol (mM)	1.2 ± 0.1	1.2 ± 0.1
Fasting LDL cholesterol (mM)	3.4 ± 0.2	3.3 ± 0.3
CS ($\mu\text{mol}\cdot\text{g}^{-1}\cdot\text{min}^{-1}$)	35.5 ± 3.4	37.7 ± 3.2
HAD ($\mu\text{mol}\cdot\text{g}^{-1}\cdot\text{min}^{-1}$)	23.6 ± 1.9	25.9 ± 2.6
Fasting glucose (mM)	5.7 ± 0.2	<u>5.2 ± 0.1*</u>
OGTT end glucose (mM)	6.1 ± 0.6	<u>5.1 ± 0.4*</u>
Fasting insulin ($\mu\text{U}\cdot\text{mL}^{-1}$)	7.1 ± 1.1	7.8 ± 2.2

Ótrenaðar kvinnur

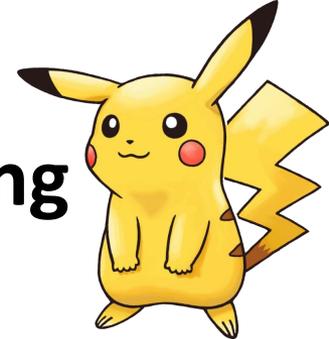
- 6 x 30 sek svimjing vs 1 tíma av svimjing
- 3 ferð um vikuna í 15 vikur



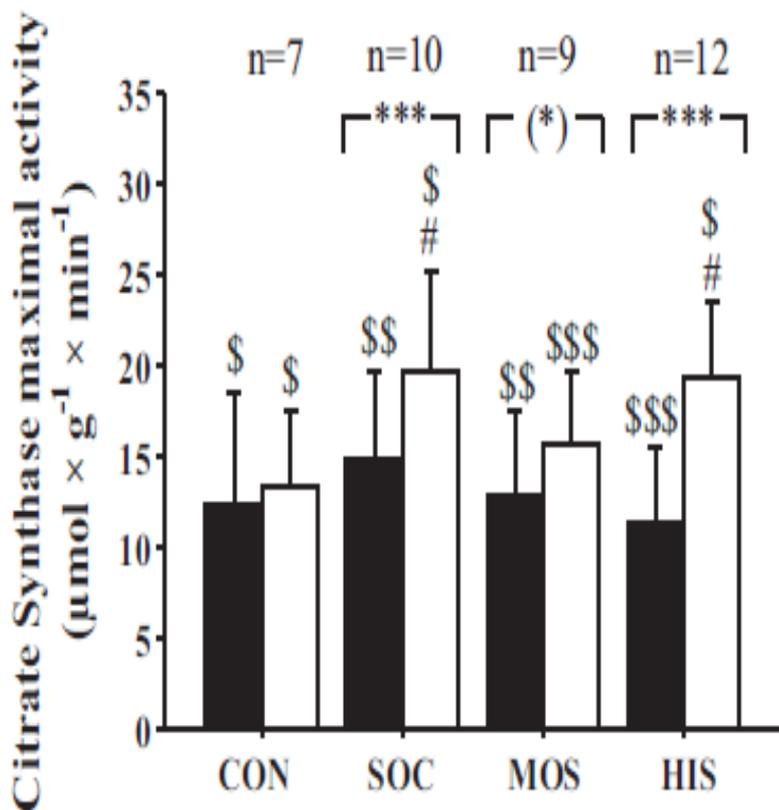


Ótrenaðar kvinnur

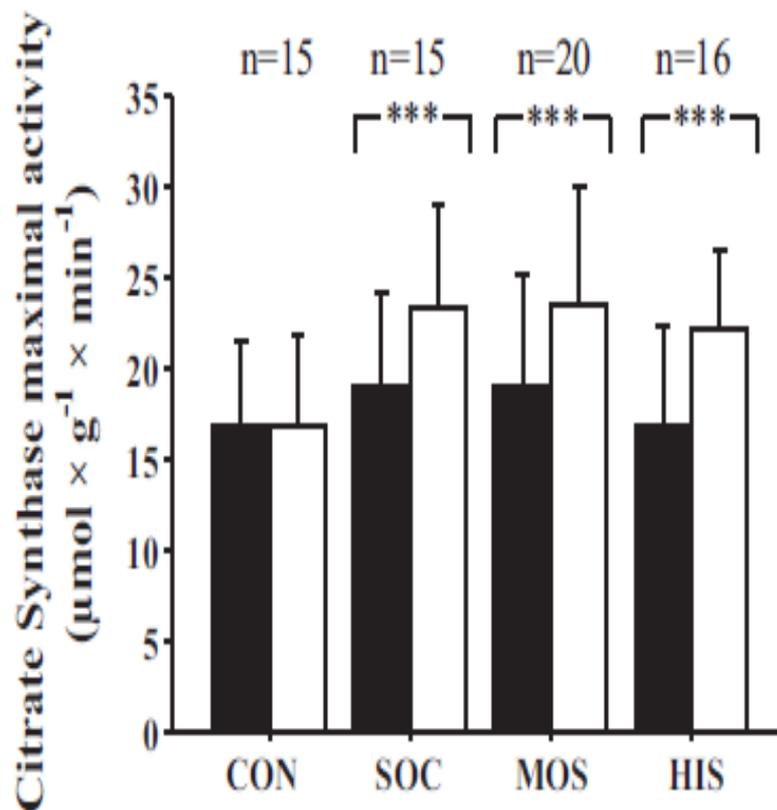
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m. deltoideus

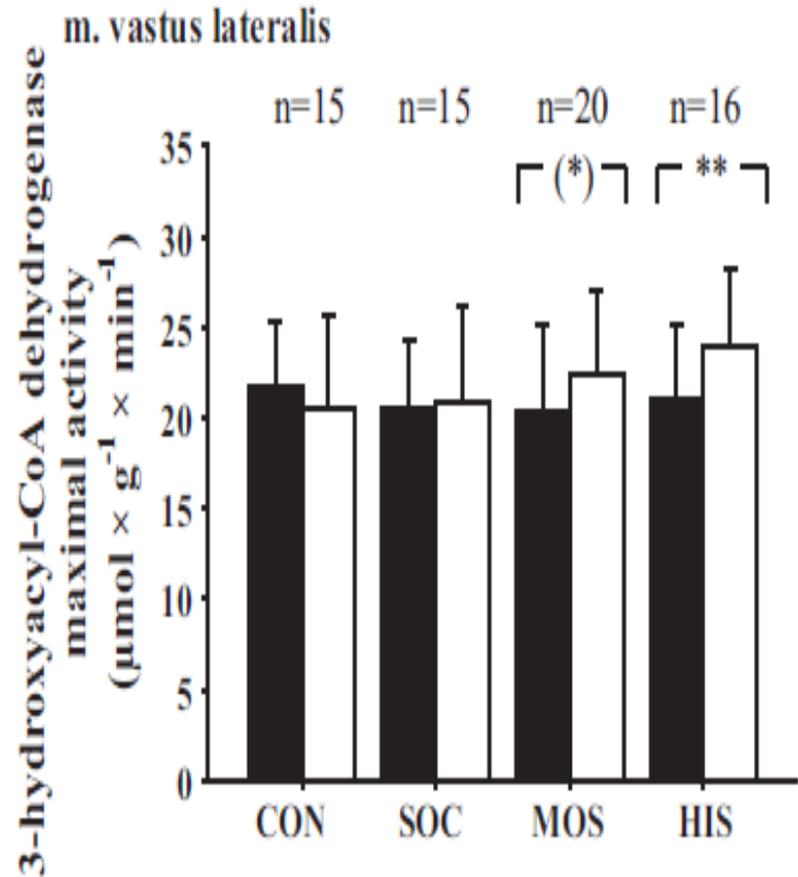
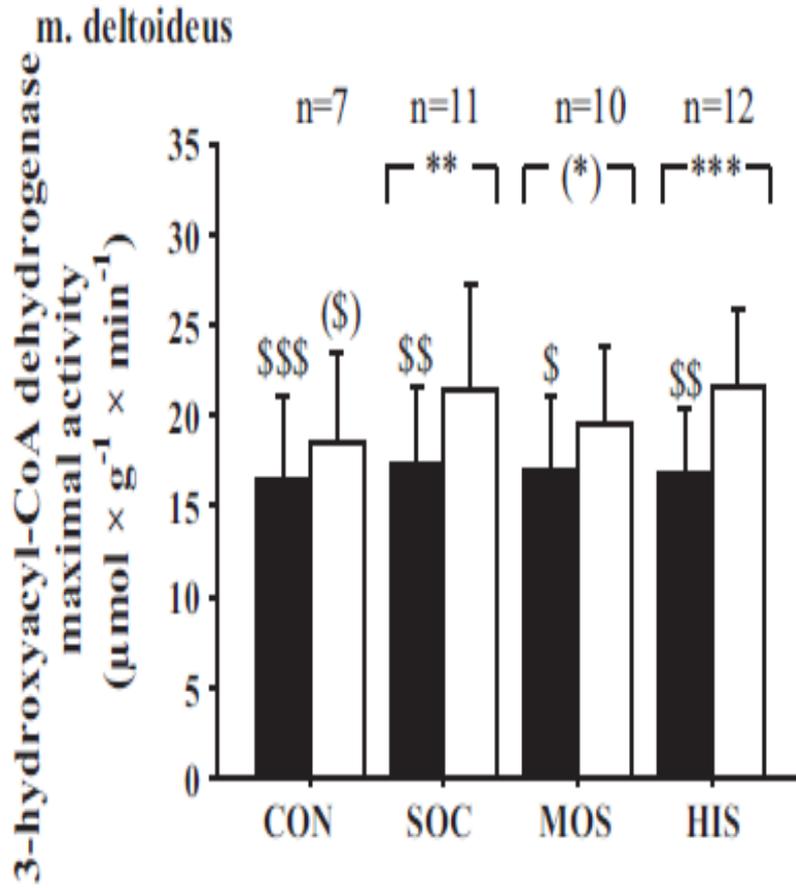


m. vastus lateralis



Ótrenaðar kvinnur

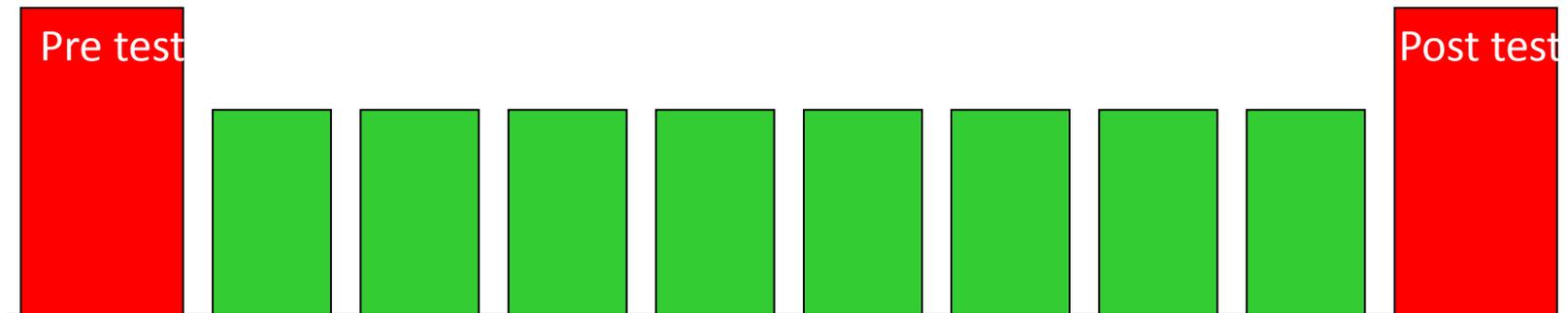
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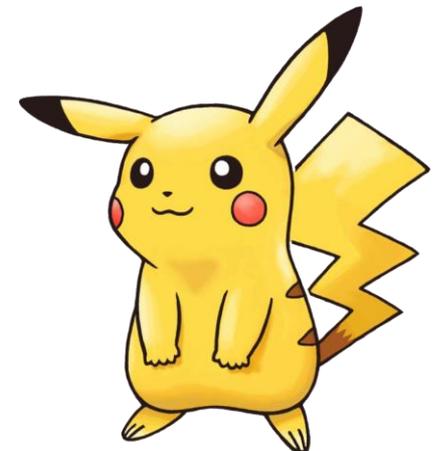
Study design

Trenaðir rennarar

Intensari, men minni venjing í 8 vikur



- Sessions per week:
- 2-3 x AnT, 1 x AH, 1 x AL, 1 x AM



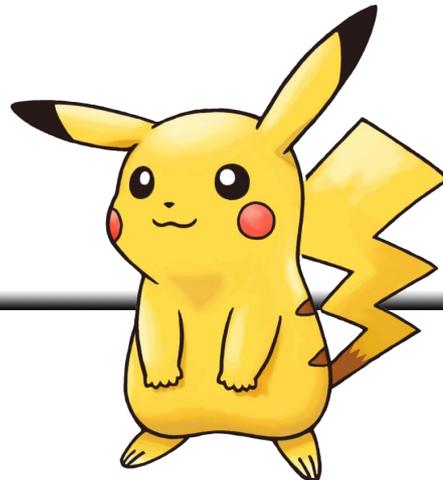
Training protocol

– speed endurance training group

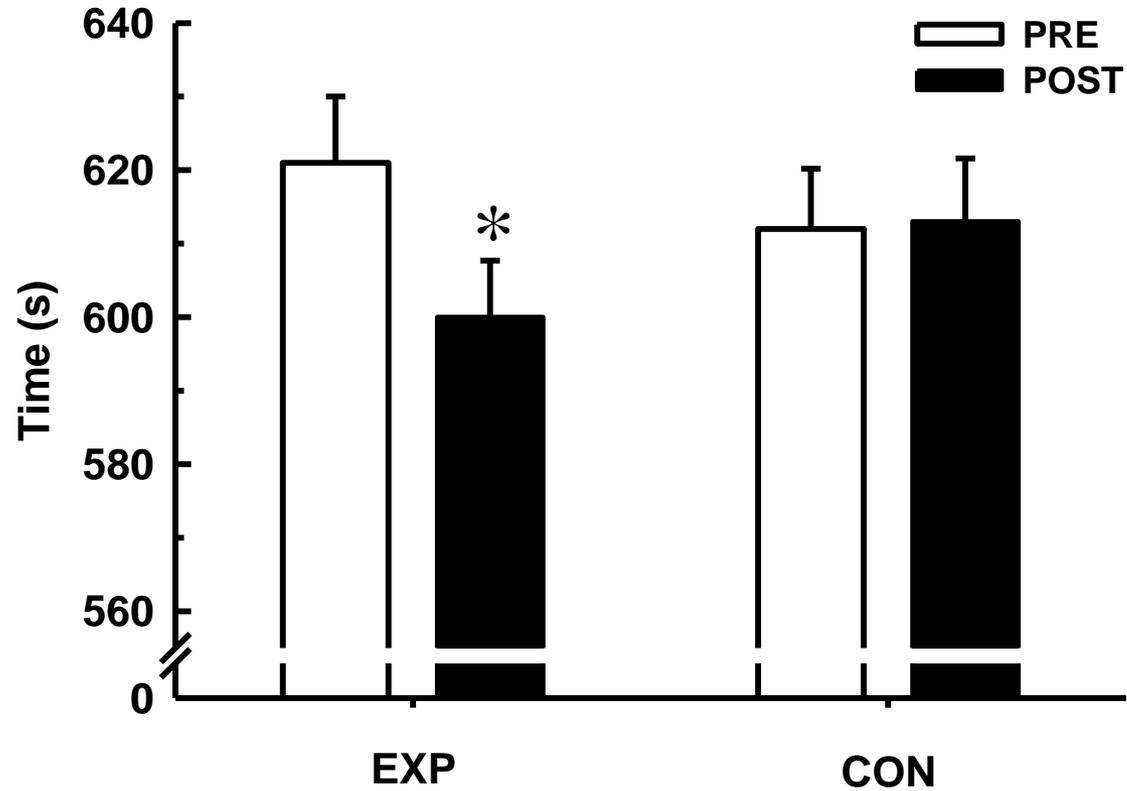


8-12 x { 30 s @ 90-95% of V_{max}
3 min rest

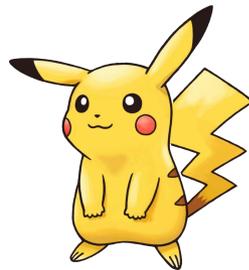
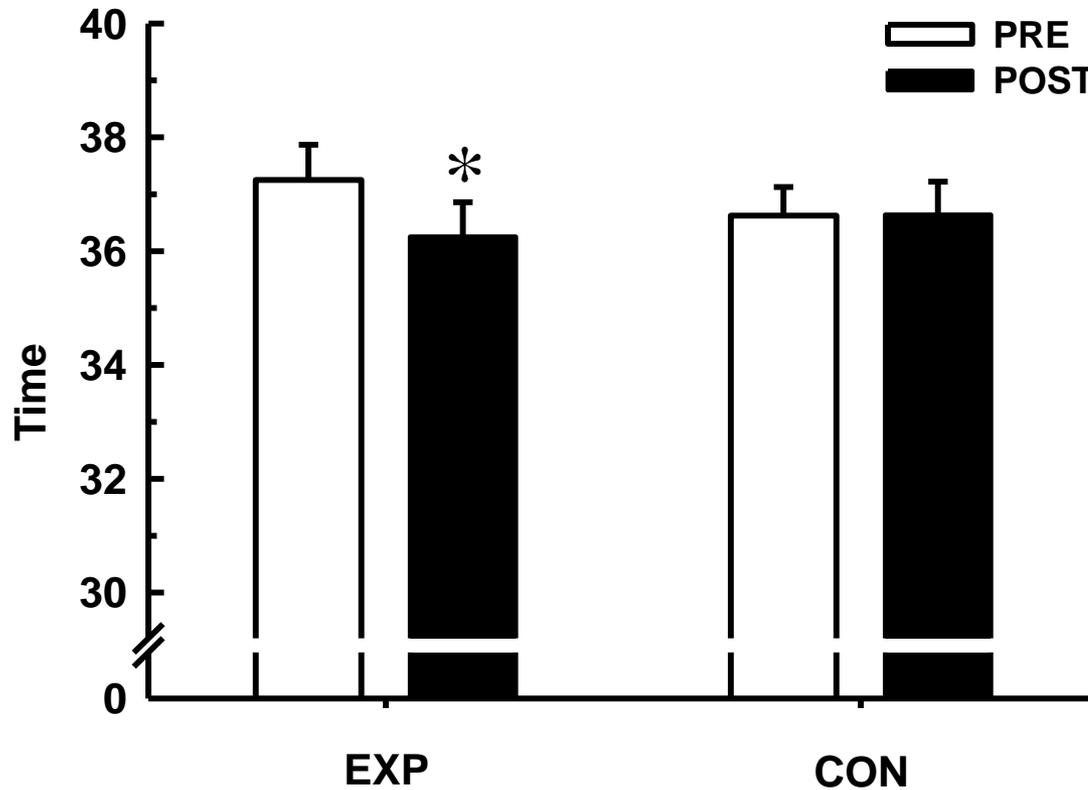
~ 4 weeks

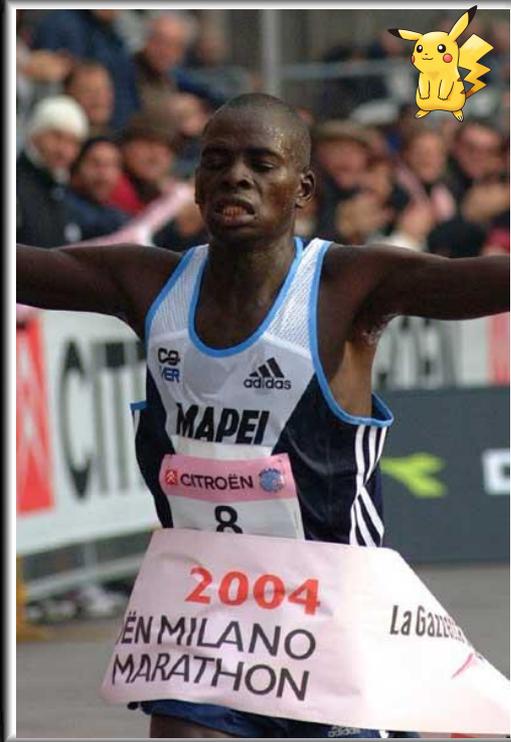
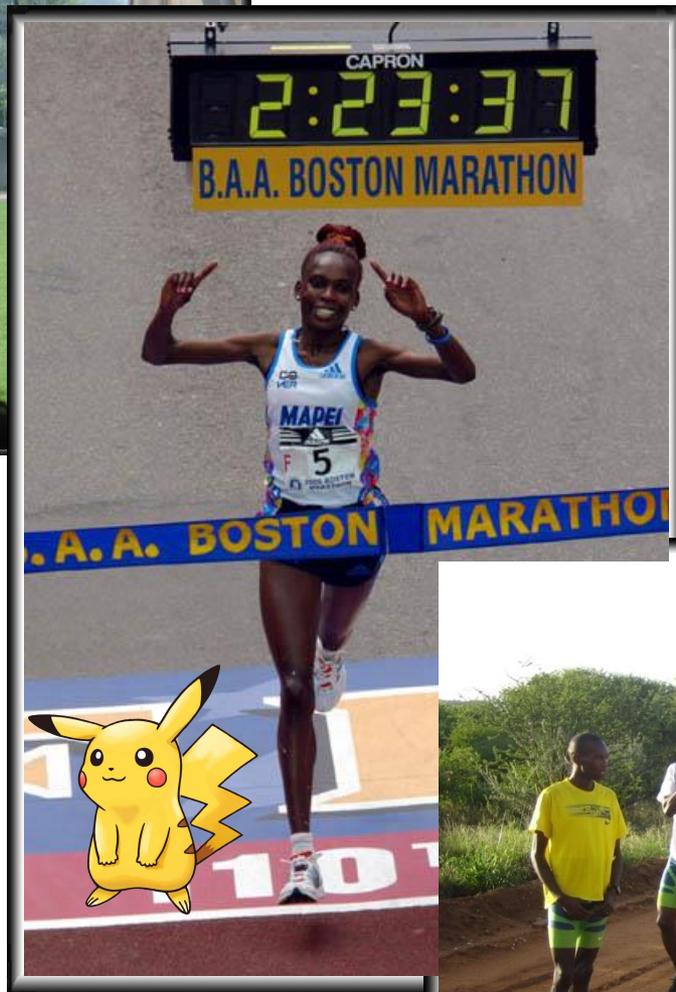
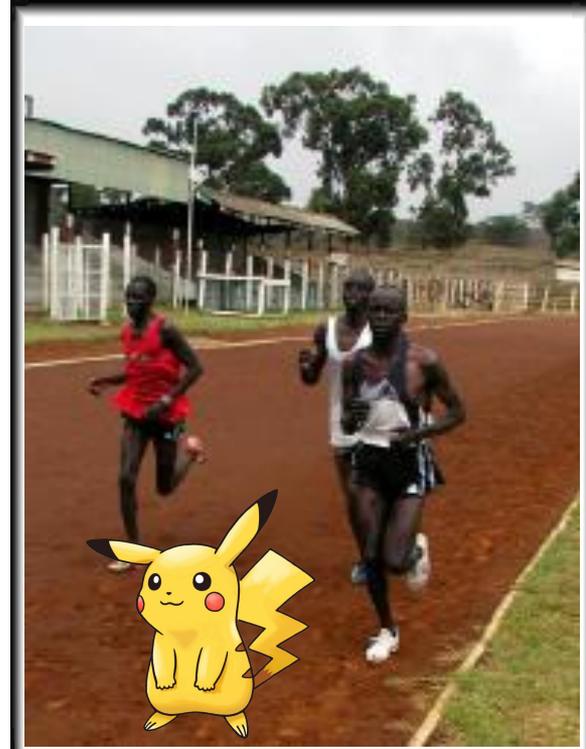
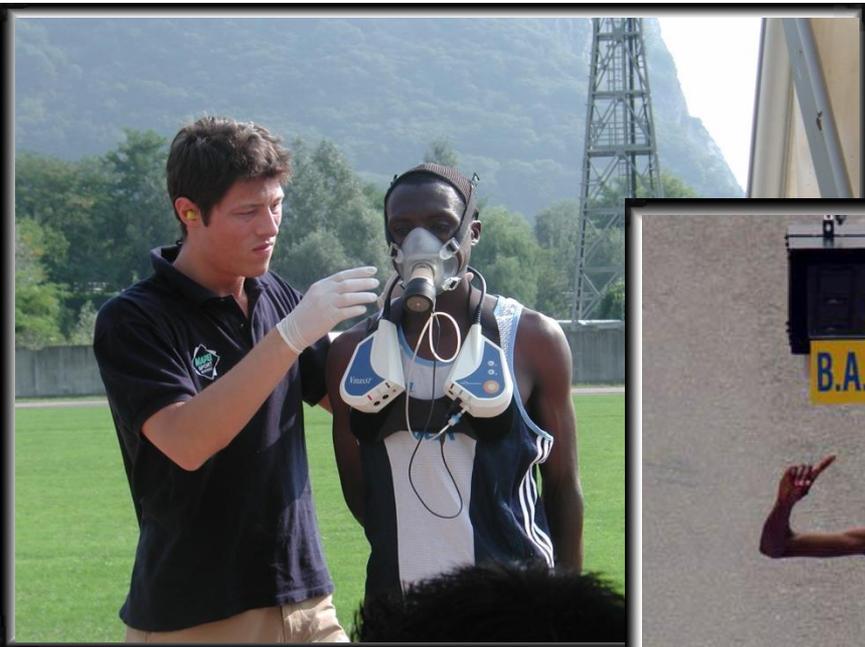


3,000-m performance



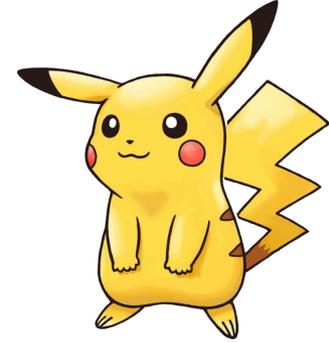
10,000-m performance





Marathon performance

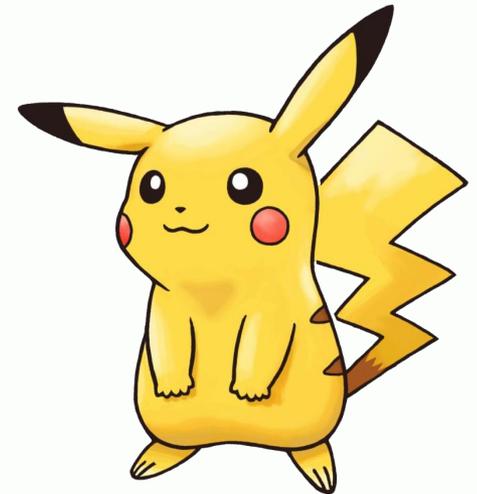
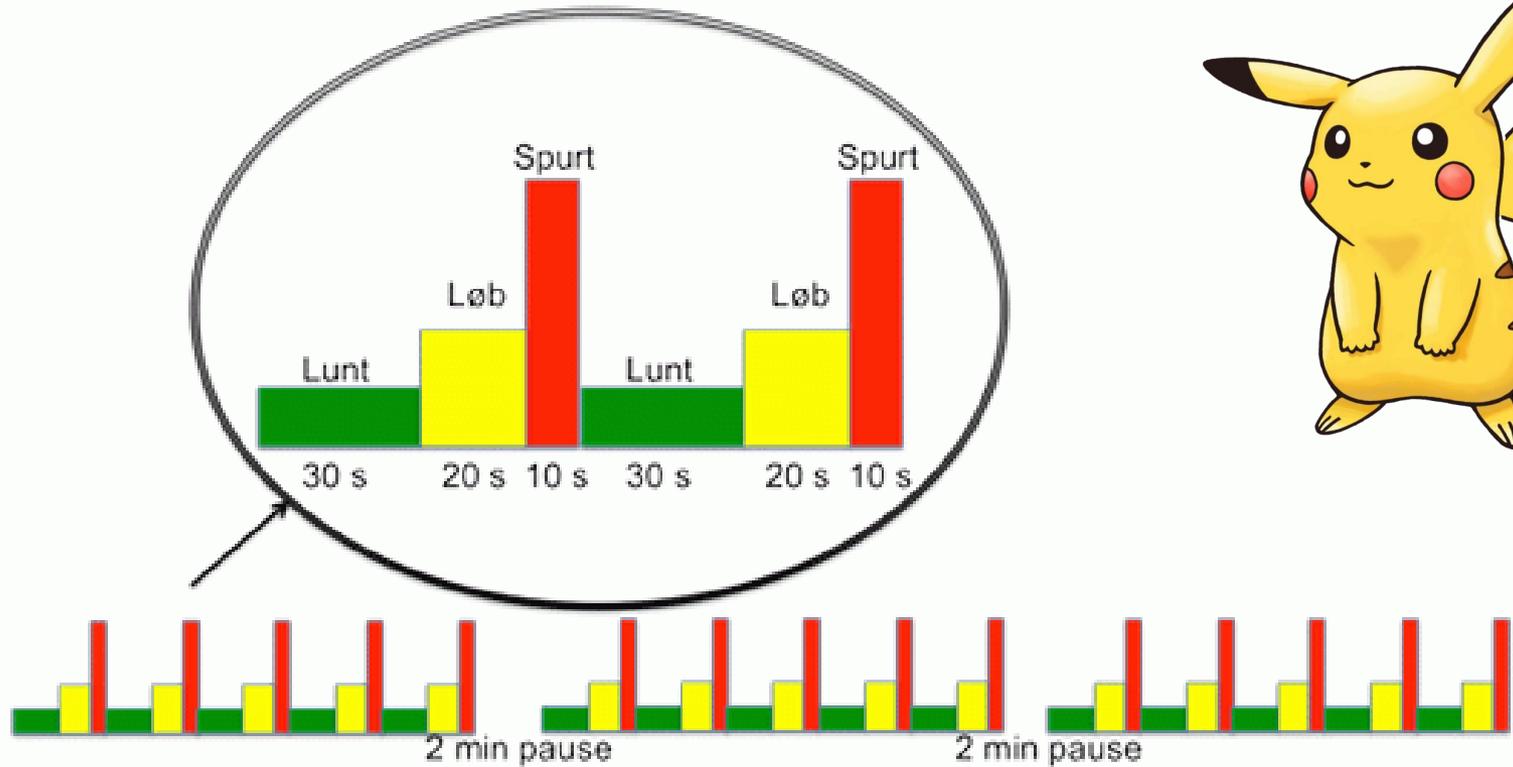
- The slow-group: ~2.10-2.15
- The fast-group: ~2.05-2.10



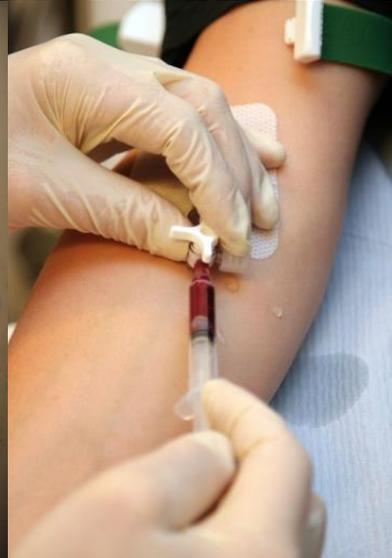
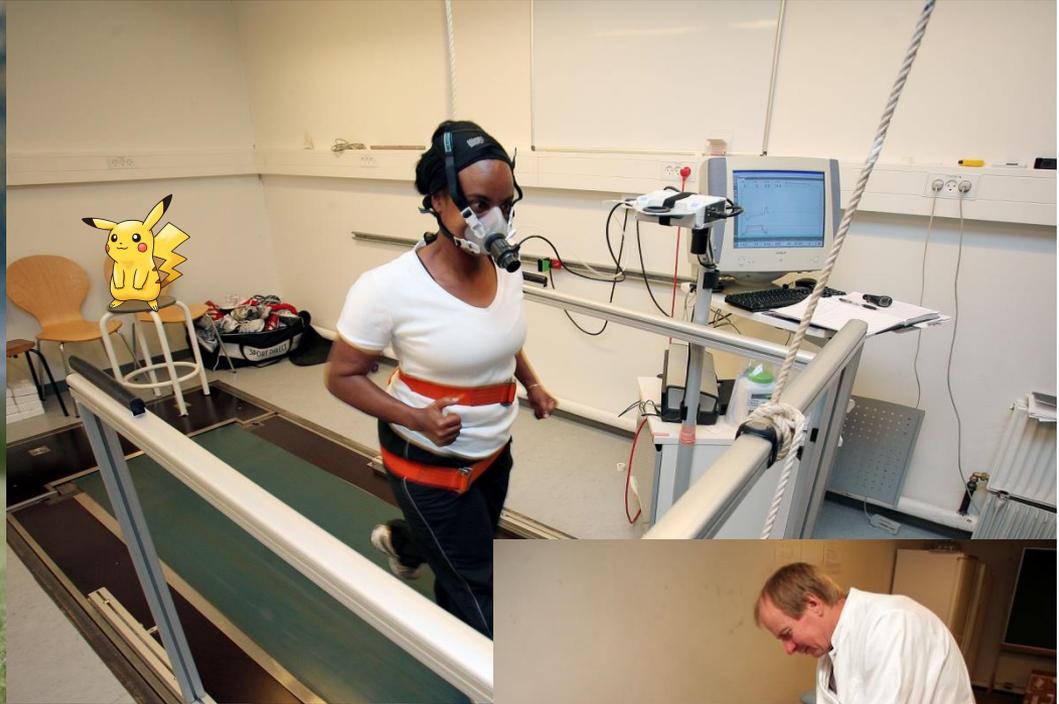
Mohr; Personal communication

10-20-30 renning

10-20-30 løbes bagfra!

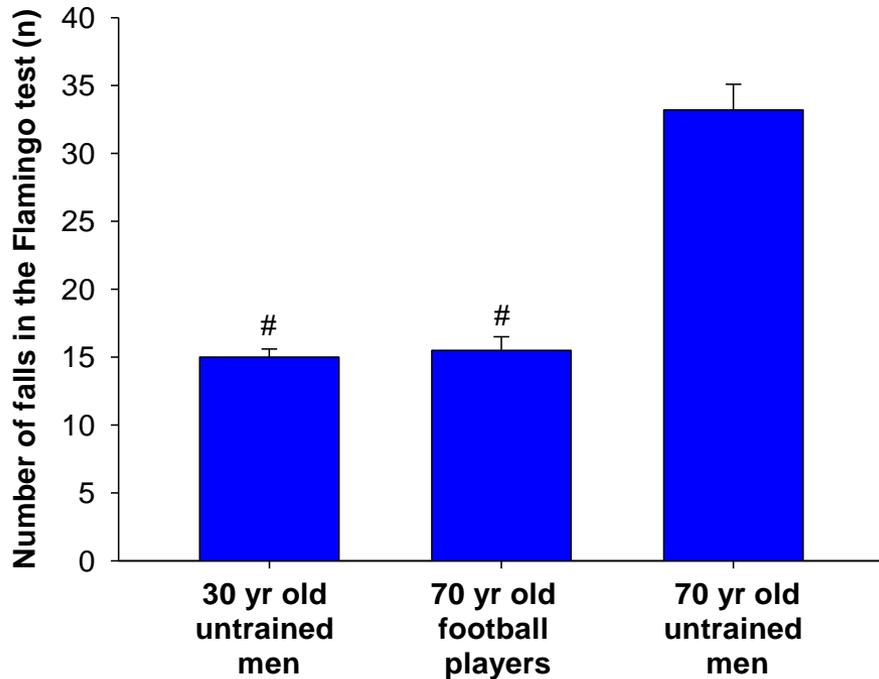


Liðítróttir – Pokémon Go venjing

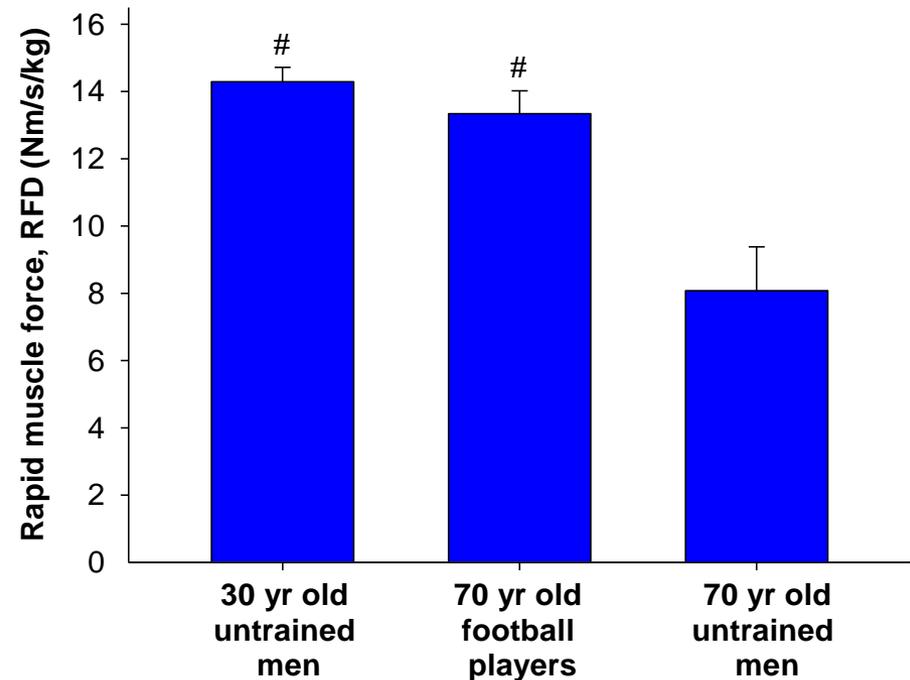


Javnvág og styrki fyri 70 ára gamlar fótoltsspælarar samanborið við 30 og 70 ára gamalir ótrenaðar menn

Postural balance (number of falls)



Rapid muscle force



Sundstrup et al. 2010



**Kropslig venjing við høgum intensiteti er effektiv
fyri heilsu og kropslig avrik**



Considering current evidence....

