

# RUUD

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**Abstract:** The purpose of this study was to determine the effect of a 12-week training program on the cardiovascular and metabolic responses of sedentary, middle-aged men to a 1000-m run. The subjects were 15 men, aged 40.2 ± 1.5 years, who were sedentary and had no cardiovascular or metabolic disease. They were randomly assigned to a 12-week training program or a control group. The training program consisted of three 1000-m runs per week, with the first run at a slow pace (10 min), the second at a moderate pace (8 min), and the third at a fast pace (6 min). The control group did not exercise. The subjects were tested at baseline and after 12 weeks. The results showed that the training program significantly improved the cardiovascular and metabolic responses of the subjects to a 1000-m run. The subjects in the training group had a significantly lower heart rate, oxygen consumption, and energy expenditure during the run compared to the control group. The subjects in the training group also had a significantly lower heart rate and oxygen consumption at rest compared to the control group. The results of this study suggest that a 12-week training program can improve the cardiovascular and metabolic responses of sedentary, middle-aged men to a 1000-m run.

# Ruud Deluxe 90 Furnace Manual

**Judd E. Hollander**



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