



Face to Face

Continuo vs Interválico

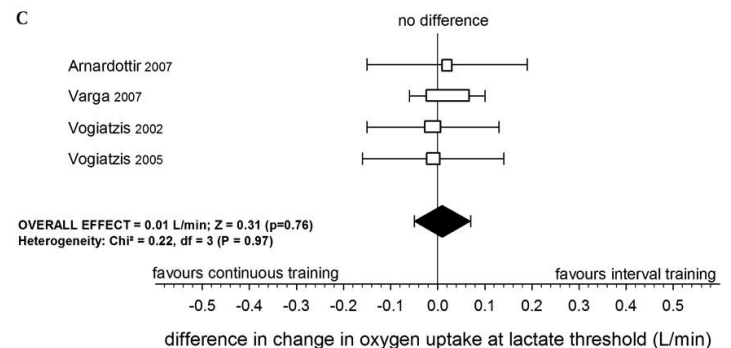
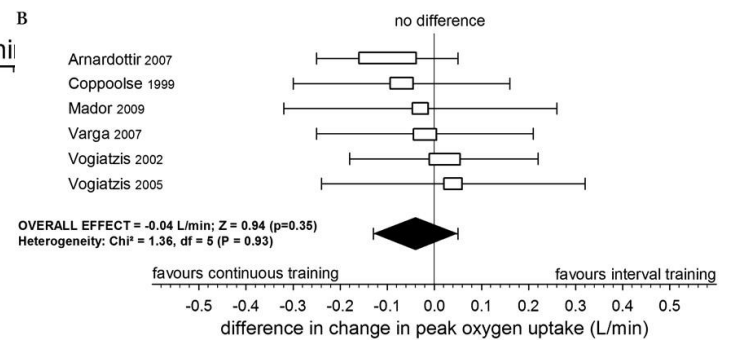
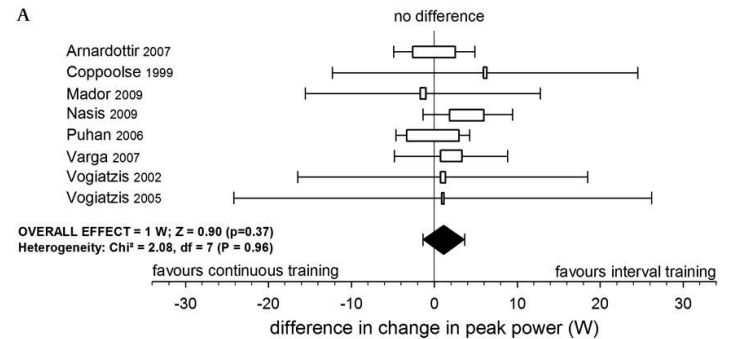
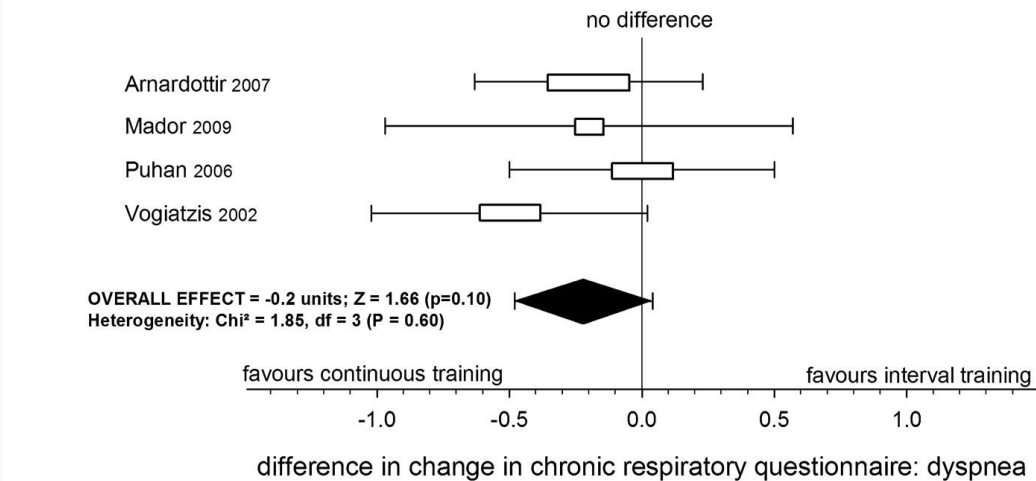
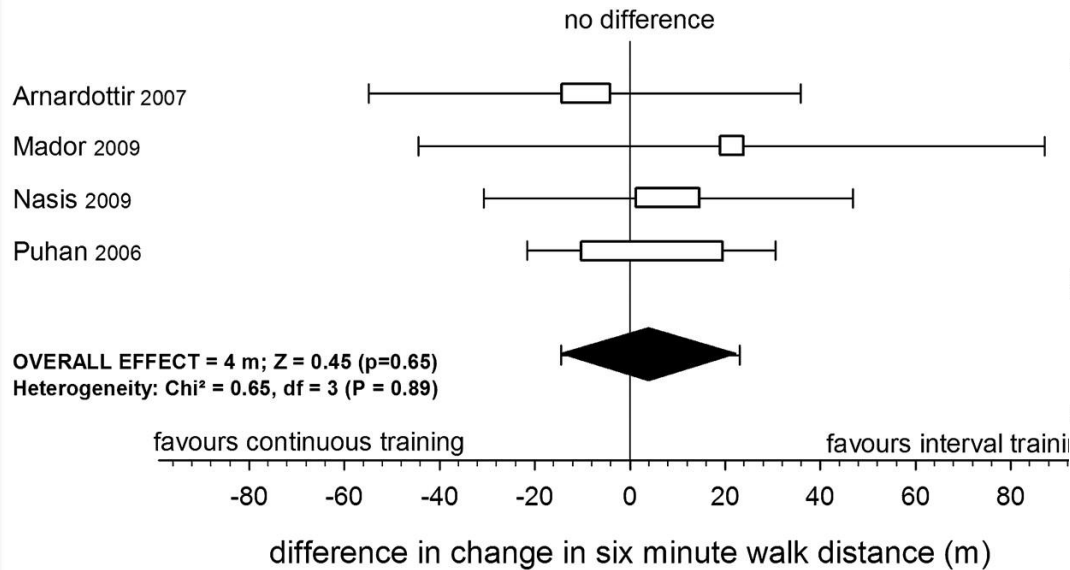
Dr. Pleguezuelos Cobo

Medicina Física y Rehabilitación. Hospital de Mataró
Departamento de Ciencias Experimentales y de la Salud. UPF. Barcelona
Facultad Blanquerna. URLL. Barcelona

Wang H, Zhang T, Zhu W, Wu H, Yan S. Acute effects of continuous and interval low-intensity exercise on arterial stiffness in healthy young men. *Eur J Appl Physiol*. 2014 Mar 19.

Pattyn N1, Coeckelberghs E, Buys R, Cornelissen VA, Vanhees L. Aerobic Interval Training vs. Moderate Continuous Training in Coronary Artery Disease Patients: A Systematic Review and Meta-Analysis. *Sports Med*. 2014 Feb 19

Da Boit M1, Bailey SJ, Callow S, Dimenna FJ, Jones AM. Effects of interval and continuous training on O₂ uptake kinetics during severe-intensity exercise initiated from an elevated metabolic baseline. *J Appl Physiol* (1985). 2014 Feb 13



Beauchamp MK1, Nonoyama M, Goldstein RS, Hill K, Dolmage TE, Mathur S, Brooks D. Interval versus continuous training in individuals with chronic obstructive pulmonary disease--a systematic review. Thorax. 2010 Feb;65(2):157-64.

17 October 2011 Last updated at 00:31 GMT

Fauja Singh becomes oldest marathon runner



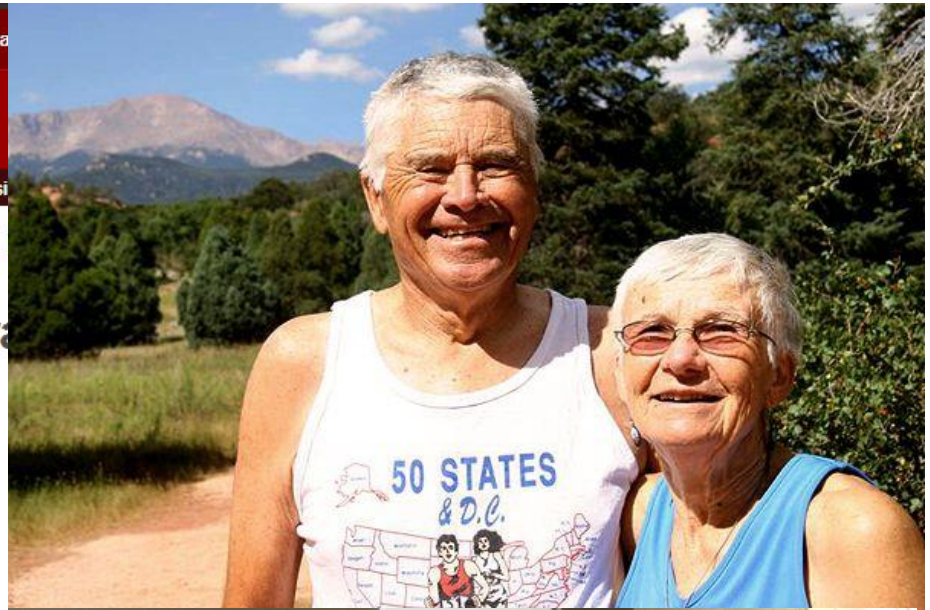
Fauja Singh's translator and coach Harmandar Singh: "Running has given him a new focus in life"

A 100-year-old Briton has become the world's oldest marathon runner after finishing a race in Canada.

Fauja Singh, from Ilford, east London, ran the Toronto Waterfront Marathon in eight hours, 25 minutes and 16 seconds.

The record-holder "hit the wall" at 22 miles but soldiered on for another two hours and finished in 3,850th place, ahead of five other competitors.

Mr Singh, who took up running 11 years ago after his wife and son died, trains every day by running 10 miles.



Los pacientes con EPOC pueden responder al ejercicio de forma diferente en comparación con sujetos sanos de la misma edad.

Eliason G, Abdel-Halim S, Arvidsson B, et al. Physical performance and muscular characteristics in different stages of COPD. Scand J Med Sci Sports 2009; 19: 865–870.

Puente-Maestu L, Garcia de Pedro J, Martinez-Abad Y, et al. Dyspnea, ventilatory pattern, and changes in dynamic hyperinflation related to the intensity of constant work rate exercise in COPD. Chest 2005; 128: 651–656.

La disminución de la tolerancia al ejercicio en pacientes con EPOC es el resultado de la participación en proporción variable de tres mecanismos:

- La limitación ventilatoria,
- La disfunción muscular
- La participación de cardiovascular (inadecuada extracción de oxígeno a nivel tisular).

Y después...

Fracasamos...