

Table 1. Mean (SD) values of anthropometric variables, physical fitness and physiological variables in the 1000 and 2000 m groups

Variable	1000 m (n = 10)	2000 m (n = 10)
Age (years)	20.2 (0.9)	20.4 (1.0)
Height (cm)	178.2 (5.9)	177.9 (6.1)
Weight (kg)	71.2 (10.7)	70.9 (10.2)
Body fat (%)	12.2 (2.1)	12.5 (2.2)
VO _{2max} (ml·kg ⁻¹ ·min ⁻¹)	55.5 (3.2)	54.2 (3.5)
VO _{2max} (l·min ⁻¹)	4.0 (0.2)	3.9 (0.2)
VO ₂ at 1000 m (ml·kg ⁻¹ ·min ⁻¹)	43.8 (3.1)	42.5 (3.4)
VO ₂ at 2000 m (ml·kg ⁻¹ ·min ⁻¹)	38.5 (2.8)	37.2 (3.1)
VO ₂ at 1000 m (l·min ⁻¹)	3.1 (0.2)	3.0 (0.2)
VO ₂ at 2000 m (l·min ⁻¹)	2.7 (0.2)	2.6 (0.2)
HR at 1000 m (b·min ⁻¹)	163.2 (10.5)	162.5 (11.2)
HR at 2000 m (b·min ⁻¹)	158.5 (11.8)	157.2 (12.5)
HR at 1000 m (b·min ⁻¹)	145.2 (8.5)	144.5 (9.2)
HR at 2000 m (b·min ⁻¹)	140.5 (9.8)	139.2 (10.5)
HR at 1000 m (b·min ⁻¹)	132.5 (7.2)	131.8 (7.8)
HR at 2000 m (b·min ⁻¹)	128.2 (8.5)	127.5 (9.2)
HR at 1000 m (b·min ⁻¹)	120.5 (6.8)	119.8 (7.5)
HR at 2000 m (b·min ⁻¹)	116.2 (7.8)	115.5 (8.5)
HR at 1000 m (b·min ⁻¹)	112.5 (6.2)	111.8 (6.8)
HR at 2000 m (b·min ⁻¹)	108.2 (7.2)	107.5 (7.8)
HR at 1000 m (b·min ⁻¹)	105.2 (5.8)	104.5 (6.2)
HR at 2000 m (b·min ⁻¹)	101.5 (6.5)	100.8 (7.2)
HR at 1000 m (b·min ⁻¹)	98.2 (5.2)	97.5 (5.8)
HR at 2000 m (b·min ⁻¹)	94.5 (6.2)	93.8 (6.8)
HR at 1000 m (b·min ⁻¹)	91.2 (4.8)	90.5 (5.2)
HR at 2000 m (b·min ⁻¹)	87.5 (5.8)	86.8 (6.2)
HR at 1000 m (b·min ⁻¹)	84.2 (4.2)	83.5 (4.8)
HR at 2000 m (b·min ⁻¹)	80.5 (5.2)	79.8 (5.8)
HR at 1000 m (b·min ⁻¹)	77.2 (3.8)	76.5 (4.2)
HR at 2000 m (b·min ⁻¹)	73.5 (4.8)	72.8 (5.2)
HR at 1000 m (b·min ⁻¹)	70.2 (3.2)	69.5 (3.8)
HR at 2000 m (b·min ⁻¹)	66.5 (4.2)	65.8 (4.8)
HR at 1000 m (b·min ⁻¹)	63.2 (2.8)	62.5 (3.2)
HR at 2000 m (b·min ⁻¹)	59.5 (3.8)	58.8 (4.2)
HR at 1000 m (b·min ⁻¹)	56.2 (2.2)	55.5 (2.8)
HR at 2000 m (b·min ⁻¹)	52.5 (3.2)	51.8 (3.8)
HR at 1000 m (b·min ⁻¹)	49.2 (1.8)	48.5 (2.2)
HR at 2000 m (b·min ⁻¹)	45.5 (2.8)	44.8 (3.2)
HR at 1000 m (b·min ⁻¹)	42.2 (1.2)	41.5 (1.8)
HR at 2000 m (b·min ⁻¹)	38.5 (2.2)	37.8 (2.8)
HR at 1000 m (b·min ⁻¹)	35.2 (0.8)	34.5 (1.2)
HR at 2000 m (b·min ⁻¹)	31.5 (1.8)	30.8 (2.2)
HR at 1000 m (b·min ⁻¹)	28.2 (0.2)	27.5 (0.8)
HR at 2000 m (b·min ⁻¹)	24.5 (1.2)	23.8 (1.8)
HR at 1000 m (b·min ⁻¹)	21.2 (0.2)	20.5 (0.8)
HR at 2000 m (b·min ⁻¹)	17.5 (1.2)	16.8 (1.8)
HR at 1000 m (b·min ⁻¹)	14.2 (0.2)	13.5 (0.8)
HR at 2000 m (b·min ⁻¹)	10.5 (1.2)	9.8 (1.8)
HR at 1000 m (b·min ⁻¹)	7.2 (0.2)	6.5 (0.8)
HR at 2000 m (b·min ⁻¹)	3.5 (1.2)	2.8 (1.8)
HR at 1000 m (b·min ⁻¹)	0.2 (0.2)	0.5 (0.8)
HR at 2000 m (b·min ⁻¹)	0.5 (1.2)	0.8 (1.8)

HR, heart rate; VO₂, oxygen consumption.

at 1000 m and 2000 m, respectively. The HR at 1000 m was significantly higher ($P < 0.05$) than the HR at 2000 m for all the 1000 m and 2000 m groups. The HR at 1000 m was significantly higher ($P < 0.05$) than the HR at 2000 m for all the 1000 m and 2000 m groups.

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