

20 50

1969







1

$$= \quad /$$
$$=$$

1

70%~85%HRmax

55% 70%V02max

2

1MET      kg      1min      3.5mL

1MET [MET=3.5mL/ kg·min ] 1MET

MWN

MET

MET

3

60% 70%

70% 85%

65% 85%

= 220- 65%

85%

50

=170-

=180-

40

220-40=180

En-1&shy;

18065%=117

En-1

18085%=153

117 153

En-1

70% 80% 70% 80%V02max 125 165  
Qn-1 50%~60% 50%  
60%V02max 110 135 Qn-1  
40% 40%V02max  
100 110 Qn-1

4 Borg

2

1

2

3

4

5

3

1

4 5MET

40% 50%

2

8 12

14 20

20



1

15 60

20 40

15

=

2

6s

5 10s

3

24

4 42

6

1

3-4

2

2

1

3

1

2

6 8

1

4

15

2

40% 85%

2 3

4~5

3

6

1

1

2

3

(4)

(5)

2

1

2

3

4

5

6

3

1

2

3



[Redacted]

3

[Redacted] 3 4 [Redacted]

4

[Redacted] 30

[Redacted] 400 [Redacted]

5

[Redacted] 45 [Redacted] 4.8 [Redacted]

[Redacted] 2 3 [Redacted]

[Redacted]

6

[Redacted]

[Redacted]

7

[Redacted] ( [Redacted] )

[Redacted] 20 [Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

