

Routing Agency _____

14-00609-2027

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group had no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Loan No. _____

NOTICE OF INTENTION TO DRILL	SUBSEQUENT REPORT OF WATER SHUT-OFF
NOTICE OF INTENTION TO CHANGE PLANS	SUBSEQUENT REPORT OF SHOOTING OR ACCIDENTS
NOTICE OF INTENTION TO TEST WATER SHUT-OFF	SUBSEQUENT REPORT OF ALTERING CAMPS
NOTICE OF INTENTION TO REDRILL OR REPAIR WELL	SUBSEQUENT REPORT OF REDRILLING OR REPAIR
NOTICE OF INTENTION TO SHOOT OR ACCIDENT	SUBSEQUENT REPORT OF ABANDONMENT
NOTICE OF INTENTION TO PULL OR ALTER CAMPS	SUPPLEMENTARY WELL HISTORY
NOTICE OF INTENTION TO ABANDON WELL	

(INDICATE ABOVE BY CHECK MARK NATURE OF REPORT, NOTICE, OR OTHER DATA)

February 26, 1962 19

Well No. 3 Stevens is located 330 ft. from S line and 410 ft. from W line of sec. 36

SE 1/4 35A Sup 26 T 2S R 1E S 1/4 NW 1/4 NE 1/4 NE 1/4

W. J. Bennett
1942

(County or Subdivision)

How Many

The elevation of the dirtwork floor above sea level is 5229 ft.

DETAILS OF WORK

(State means of and expected degree to objectives met; show plans, weights, and lengths of proposed savings; indicate marketing plan, connecting points, and all other important proposed work)

Spud Hall 3-6-61
Run 7' to 20' mounted 1/20 sec
Drilled to 20' at 100'

Intend to plug by cutting plug from 200' - 150'
0' - 50' w/water



I understand that this plan of work must receive approval in writing by the Geological Survey before operations may be commenced.

Company _____

Address _____ P. O. Box 2734

Washington, D. C.

By _____

Title Art 122

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