

BROWN & WHEELER

WILL C. SPEED #1

LEA COUNTY

DRILL STEM TESTS

#1	8452 - 8560	Open 3 hrs. weak blow for 40 min. Rec. 30' mud. 0 pressures.
#2	8548 - 8653	Packer failed.
#3	8540 - 8670	Open 2 hrs. weak blow for 20 min. Rec. 75' mud no shows.

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 randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 10-week training program consisting of 3 sessions per week. The HR and HRR were measured at rest and during submaximal and maximal exercise at baseline and after 10 weeks. The EG showed a significant decrease in HR at rest and during submaximal and maximal exercise, and a significant increase in HRR at rest and during submaximal and maximal exercise, compared with the CG. The results of this study suggest that a 10-week training program can improve the HR and HRR of sedentary middle-aged men.

[illegible]

SECRET

[illegible]

0074 - 0048 11

0100 - 6408 25

• 1970-1971 •
• 1972-1973 •

8470 - 0478 8