



Naples, Italy, April 17<sup>th</sup> 2010

# How to train the cardiovascular patient Long low intensity or high interval What is the role for resistance training?

**P. A. Sirnes**

Chairman

G. F. Guida



## Resultat Toro Halvmaraton

Startnr	Tid	Navn	Lag	Nasjonalitet
<b>54år</b>				
1094	02:15:13	Bonden Karl	None	Norway
1123	02:26:48	George Regi	None	United Kingdom
1007	02:30:50	Moeller Paul	None	United States
<b>59år</b>				
1242	01:34:43	Hellesømo Odd	Salangen	Norway
1383	01:40:18	Johansen Bjørnar Harry	Ibestad IL	Norway
1267	01:42:36	Caruso Sebastiano	Terrania	Italy
1221	01:42:48	Dosi Alberto	Terrania	Italy
1068	01:43:15	Rushmere Peter	None	United Kingdom
1335	01:46:46	Eggesvik Jan	Nordlys Igesenter	Norway
1457	01:46:49	Paulsen Arvid	-	Norway
1471	01:49:42	Strand Øystein	Kvæfjord Idrettslag	Norway
1061	01:50:46	Santos Wilson Luiz	Tio Sam Wise Up Team	Brazil
1371	01:51:36	Jakola Karl-Johan	TUIL	Norway
1096	01:53:12	Slotmo Hermod	None	Norway
1444	02:04:27	Andersen Thure	Medkila IL	Norway
1128	02:07:22	Simes Per Anton	None	Norway
1124	02:07:22	Chacko Abraham	None	India
1260	02:09:05	Schönhoff Dr. Horst	None	Germany
1164	02:20:00	Joeschke Dr. Hans-Oleter	Junioren Runner Berlin	Germany





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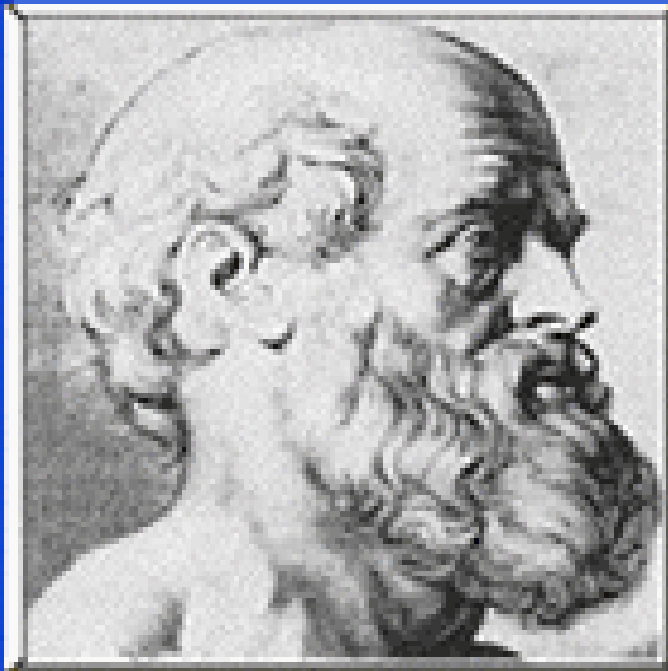
# How to train the cardiovascular patient

## Long low intensity or high interval

### What is the role for resistance training?

**P. A. Sirnes**

# Hippocrates



*"Eating alone will not  
keep a man well;  
he must also take  
exercise."*

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Hippocrates, *Regimen*.  
5<sup>th</sup> century BC

