**Table 3:** Components A, B, α, and β associated with recovery curves after different exercise intensities (Ae-αt + Be-βt).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **YOUNG GROUP (n = 16)** | | | | |
| Intensity | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | HR (bpm) |
| 100% | A = 44.19 ± 0.68 | A = 50.02 ± 1.27 | A = 1241.80 ± 27.26 | A = 80.00 ± 1.00 |
|  | B = 3.18 ± 0.39 | B = 11.94 ± 1.23 | B = 331.54 ± 18.54 | B = 29.00 ± 2.00 |
| 75% | A = 31.07 ± 0.71 | A = 25.30 ± 1.00 | A = 709.21 ± 19.03 | A = 58.00 ± 1.00 |
|  | B = 2.52 ± 0.65 | B = 7.07 ± 1.05 | B = 175.06 ± 16.94 | B = 30.00 ± 2.00 |
| 40% | A = 18.37 ± 0.38 | A = 16.71 ± 0.59 | A = 392.12 ± 14.10 | A = 33.00 ± 2.00 |
|  | B = 0.56 ± 0.19 | B = 1.73 ± 0.75 | B = 24.39 ± 6.05 | B = 11.00 ± 1.00 |
|  | *α (min-1) [1/α]* | | | |
|  | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | HR (bpm) |
| 100% | 1.099 ± 0.055 [0.91] | 0.907 ± 0.043 [1.10] | 0.888 ± 0.038 [1.13] | 0.478 ± 0.029 [2.09]\*φ |
| 75% | 0.999 ± 0.045 [1.00] | 0.998 ± 0.049 [0.95] | 1.057 ± 0.050 [0.95] | 0.861 ± 0.043 [1.16] |
| 40% | 1.044 ± 0.070 [0.96] | 1.117 ± 0.076 [0.90] | 1.002 ± 0.067 [1.00] | 1.543 ± 0.188 [0.65]+ |
|  | *β (min-1) [1/β]* | | | |
| 100% | 0.036 ± 0.012 [27.78]\*φ | 0.112 ± 0.035 [8.93]+ | 0.084 ± 0.001 [11.91]\*+ | 0.014 ± 0.006 [71.43]\*φ+ |
| 75% | 0.060 ± 0.024 [16.67]φ | 0.139 ± 0.019 [7.19]+ | 0.130 ± 0.012 [7.69]+ | 0.036 ± 0.002 [27.78]φ+ |
| 40% | 0.052 ± 0.039 [19.23] | 0.098 ± 0.012 [10.20] | 0.020 ± 0.027 [-] | 0.235 ± 0.074 [4.26] |
| **OLDER GROUP (n = 20)** | | | | |
| Intensity | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | (mL⋅kg-1⋅min-1) | HR (bpm) |
| 100% | A = 48.59 ± 0.73 | A = 55.98 ± 0.70 | A = 815.15 ± 21.30 | A = 60.95 ± 2.05 |
|  | B = 3.11 ± 0.51 | B = 9.90 ± 0.35 | B = 243.12 ± 11.21 | B = 22.08 ± 1.10 |
| 75% | A = 44.53 ± 0.49 | A = 31.12 ± 0.69 | A = 447.02 ± 21.60 | A = 30.01 ± 1.00 |
|  | B = 2.13 ± 0.45 | B = 5.73 ± 0.31 | B = 123.10 ± 19.25 | B = 14.22 ± 1.00 |
| 40% | A = 18.40 ± 0.41 | A = 16.94 ± 0.29 | A = 309.99 ± 13.87 | A = 13.76 ± 1.00 |
|  | B = 0.88 ± 0.22 | B = 3.52 ± 0.23 | B = 181.58 ± 11.09 | B = 1.19 ± 0.03 |
|  | *α (min-1) [1/α]* | | | |
|  |  |  |  | HR |
| 100% | 1.030 ± 0.037 [0.97] | 0.980 ± 0.039 [0.98] | 0.607 ± 0.020 [1.65]φ | 0.393 ± 0.020 [2.54]\*φ |
| 75% | 1.091 ± 0.038 [0.92] | 1.013 ± 0.062 [0.99] | 0.738 ± 0.031 [1.36] | 0.630 ± 0.028 [1.59] |
| 40% | 1.013 ± 0.059 [0.99] | 1.099 ± 0.083 [0.91] | 0.778 ± 0.024 [1.29] | 0.734 ± 0.011 [1.36] |
|  | *β (min-1) [1/β]* | | | |
| 100% | 0.032 ± 0.012 [31.25]\*φ | 0.096 ± 0.014 [10.42]φ | 0.051 ± 0.026 [19.60]\*φ | 0.012 ± 0.004 [83.33]\* |
| 75% | 0.050 ± 0.019 [20.00]φ | 0.101 ± 0.036 [9.90] | 0.080 ± 0.019 [12.50]φ | 0.016 ± 0.000 [62.50] |
| 40% | 0.064 ± 0.048 [15.63] | 0.124 ± 0.027 [8.06] | 0.126 ± 0.053 [7.94] | 0.021 ± 0.059 [-] |

\*: Significantly different of Ex75% (*P* < 0.05); φ: Significantly different of Ex40% (*P* < 0.05); +: Significantly different of OG (*P* < 0.05