**Table 4:** Average total recovery time estimated for fast and slow components (S = 0∫∞x(t)dt) = Aα + B/β after different exercise intensities in young and older groups (n = 36).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Young Group (n = 16)** | **Exercise** | **Fast Component A/α** | **Slow Component B/β** | **Total Recovery** |
| (mL⋅kg-1⋅min-1) | 100% | 41.04 (31.29%) | 90.13 (68.71%) | 131.17 |
|  | 75% | 33.09 (43.68%) | 42.67 (56.32%) | 75.76 |
|  | 40% | 14.10 (52.11%) | 12.96 (47.89%) | 27.06 |
| (mL⋅kg-1⋅min-1) | 100% | 56.04 (35.36%) | 102.45 (64.64%) | 158.49 |
|  | 75% | 29.99 (40.68%) | 43.74 (59.32%) | 73.73 |
|  | 40% | 13.65 (37.22%) | 23.02 (62.78%) | 36.67 |
| (mL⋅kg-1⋅min-1) | 100% | 1492.33 (26.27%) | 4189.48 (73.74%) | 5681.81 |
|  | 75% | 679.15 (31.16%) | 1500.19 (68.84%) | 2179.34 |
|  | 40% | 389.17 (22.05%) | 1376.03 (77.95%) | 1765.20 |
| HR (bpm) | 100% | 161.02 (7.30%) | 2045.77 (92.70%) | 2206.79 |
|  | 75% | 67.89 (7.40%) | 849.05 (92.60%) | 916.94 |
|  | 40% | 22.03 (31.45%) | 48.02 (68.55%) | 70.05 |
| **Older Group (n = 20)** | **Exercise** | **Fast Component A/α** | **Slow Component B/β** | **Total Recovery** |
| (mL⋅kg-1⋅min-1) | 100% | 42.30 (31.46%) | 92.15 (68.54%) | 134.45 |
|  | 75% | 37.93 (49.96%) | 42.85 (53.04%) | 80.78 |
|  | 40% | 16.39 (53.44%) | 14.28 (46.56%) | 30.67 |
| (mL⋅kg-1⋅min-1) | 100% | 57.50 (36.54%) | 99.87 (63.46%) | 157.37 |
|  | 75% | 31.11 (42.16%) | 42.68 (57.84%) | 73.79 |
|  | 40% | 15.64 (37.44%) | 26.13 (62.56%) | 41.77 |
| (mL⋅kg-1⋅min-1) | 100% | 1512.10 (26.43%) | 4209.07 (73.57%) | 5721.17 |
|  | 75% | 697.41 (31.55%) | 1513.00 (68.45%) | 2210.41 |
|  | 40% | 396.09 (22.18%) | 1389.40 (77.82%) | 1785.49 |
| HR (bpm) | 100% | 167.42 (8.14%) | 1889.43 (91.86%) | 2056.85 |
|  | 75% | 70.55 (7.46%) | 874.92 (92.54%) | 945.47 |
|  | 40% | 22.56 (31.47%) | 49.12 (68.53%) | 71.68 |