

Effects of different doses of high-speed resistance training on physical performance and quality of life in older women: A randomized controlled trial

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Objective: This study aimed to compare the effects of two frequencies of high-speed resistance training (HSRT) on physical performance and quality of life of older women. **Methods:** A total of 24 older women participated in a 12-week HSRT program composed of either two or three sessions/week (equated for volume and intensity). Women were randomized into three arms: a control group (CG, n=8), a resistance training group performing two sessions/week (RT2, n=8), and a resistance training group performing three sessions/week (RT3, n=8). The training program for both experimental groups included exercises that required high-speed concentric muscle actions. **Results:** No baseline differences were observed among groups. Compared with the CG, both training groups showed similar small to moderate improvements ($P<0.05$) in muscle strength, power,

functional performance, balance, and quality of life. Conclusion: These results suggest that equated for volume and intensity, two and three training sessions/week of HSRT are equally effective for improving physical performance and quality of life of older women. © 2016 Ramirez-Campillo et al.

Adaptation

Aging

Frailty

Muscle strength

aging

clinical article

control group

controlled clinical trial

controlled study

experimental model

female

human

muscle function

muscle strength

physical performance

quality of life

randomized controlled trial

resistance training

aged

body equilibrium

geriatric assessment

middle aged

muscle strength

physiology

procedures

quality of life

resistance training

very elderly

Aged

Aged, 80 and over

Female

Geriatric Assessment

Humans

Middle Aged

Muscle Strength

Postural Balance

Quality of Life

Resistance Training