

Abstract

The aim of the study was to assess the influence of aerobic fitness on the recovery speed during climbing.

Methods:

Fourteen climbers took part in the study. Maximal VO₂ test was performed on a treadmill. Two climbing tests (with/without recovery during climbing) were performed on a climbing wall to analyze the speed of recovery. The climbers were divided in three groups according their climbing ability. The decrease of heart rate and the differences in climbing performance with/without recovery were evaluated by Pearson correlation coefficient and analysis of variance.

Results

The actual level of climbing performance had significant effect on the recovery speed. The aerobic fitness did not have any effect.