

# **Abstract**

## **Title:**

The rise heart rate in ski-mountaineering.

## **Objectives:**

The main objective was to determine differences in heart rate of growth at different slopes and a constant increasing rate of ski-mountaineering trainer of this study, comparisons to the anaerobic threshold ski-mountaineerers and comparison of oxygen consumption.

## **Methods:**

Seven ski-mountaineerers of different levels were testing in laboratory of ski-mountaineering simulator. We calculate of maximum oxygen consumption and anaerobic threshold.

## **Results:**

The research results confirm the hypothesis that heart rate increases constantly during a gradual acceleration of the different gradients. Maximum oxygen consumption is higher on ski.mountaineerring trainer than this similar test on running and bicycle ergo meter.

## **Keywords:**

ski-mountaineering, heart rate, oxygen consumption, ski-mountaineer trainer