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Adipokines Response to Continuous versus Interval Aerobic Training in Ischaemic Heart Disease Patients

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Abstract : background: Coronary artery disease (CAD) is the single most common cause of death in the developed world, responsible for about 1 in every 5 deaths and it is expected that the rate of CAD will accelerate in the next decade. **The aim:** of the current study was to find out adipokines response to continuous versus interval aerobic training in ischemic heart disease Patients. **Methods:** Forty men patients with an ischemic heart disease with age ranged from 50-60 years old participated in this study. Patients were assigned into two groups equal in number: **Group A** included 20 patients received high intensity interval aerobic training on treadmill 3 times per week for 12 week. **Group B** included 20 patients received moderate intensity continuous aerobic training on treadmill 3 times per week for 12 week. **Results:** The mean values of adiponectin, leptin and six minute walk distance were significantly improved from 8.46 ± 0.3 mg/ml, 38.83 ± 0.08 ng/ml and 433.72 ± 2.84 m to 10.85 ± 0.25 mg/ml, 35.26 ± 0.21 ng/ml and 505.52 ± 1.39 m respectively, in group A and from 8.44 ± 0.32 mg/ml, 38.95 ± 0.38 ng/ml and 434.02 ± 2.92 m to 9.65 ± 0.33 mg/ml, 37.13 ± 0.22 ng/ml and 479.05 ± 1.44 m respectively, in group B. Also, there was a significant difference between the groups after treatment on all measured variables. **Conclusion:** It is suggested that Interval are more effective than continuous aerobic training for the improvement fo adipokines, functional capacity in patients with ischemic heart disease.

Key words: Adipokines, High intensity interval aerobic training, Moderate intensity continuous aerobic training, Ischemic heart disease

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