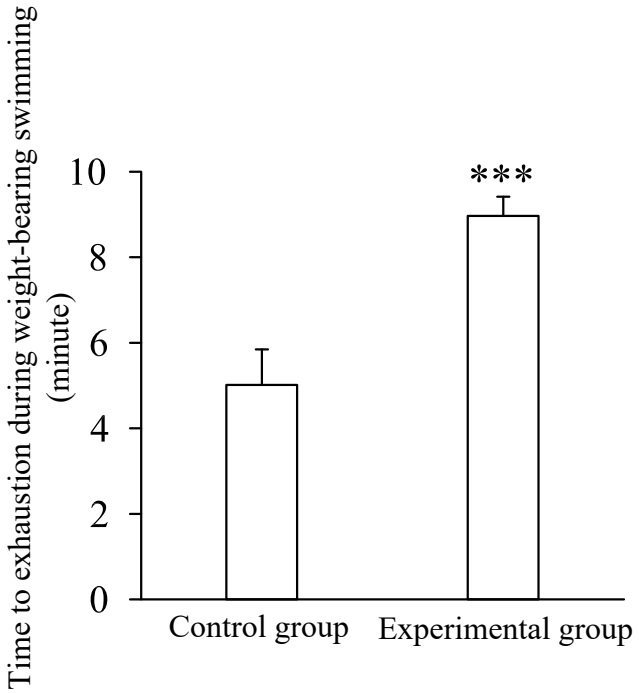

Time to exhaustion during weight-bearing swimming (minute)
10
8
6
4
2
0
***
Control group
Experimental group

FIG. 1

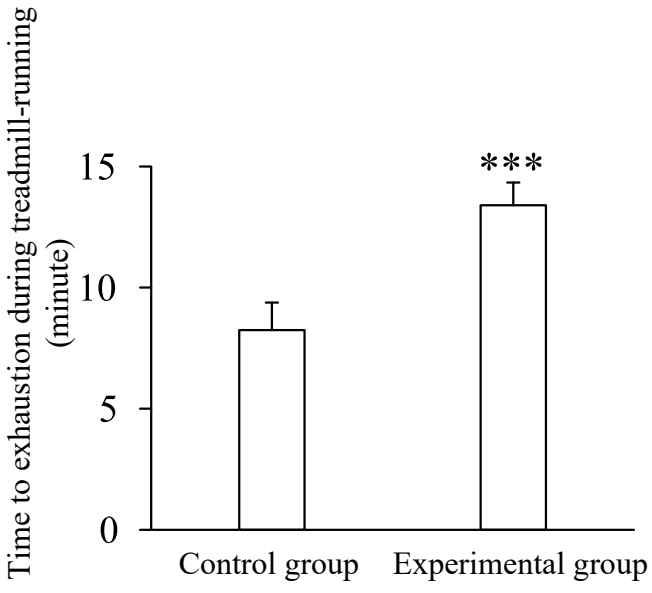

Time to exhaustion during treadmill-running (minute)
15
10
5
0
***
Control group
Experimental group

FIG. 2

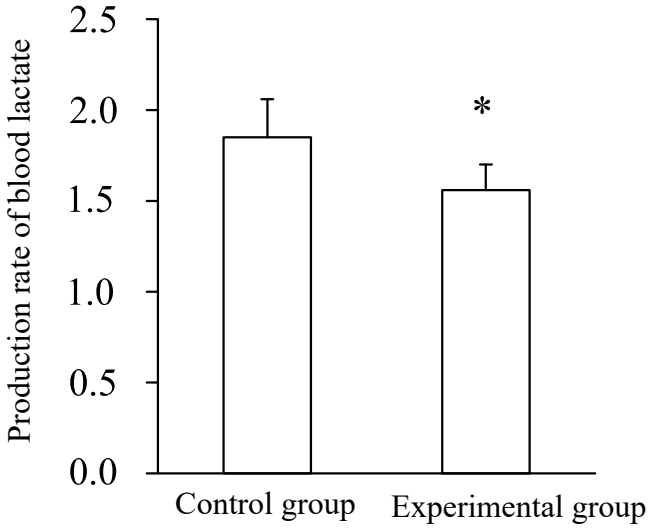

Production rate of blood lactate
2.5
2.0
1.5
1.0
0.5
0.0
*
Control group
Experimental group

FIG. 3A

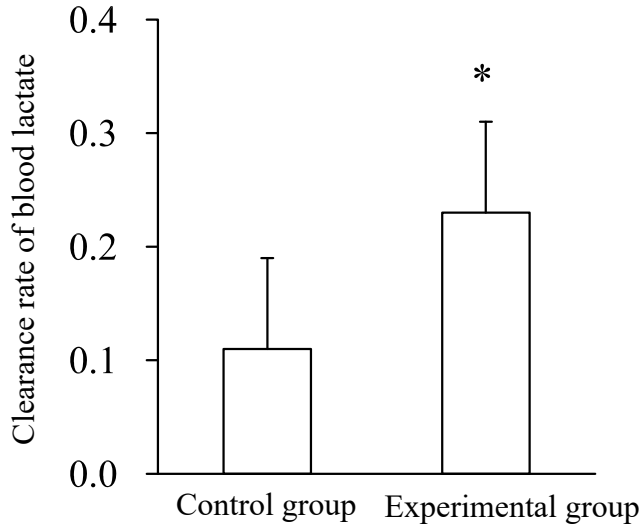

Clearance rate of blood lactate
0.4
0.3
0.2
0.1
0.0
*
Control group
Experimental group

FIG. 3B

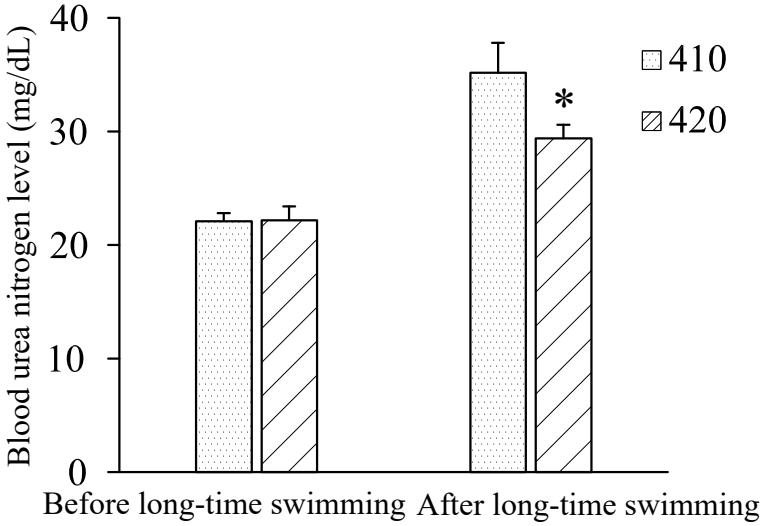

40
30
20
10
0
Blood urea nitrogen level (mg/dL)
410
420
*
Before long-time swimming
After long-time swimming

FIG. 4

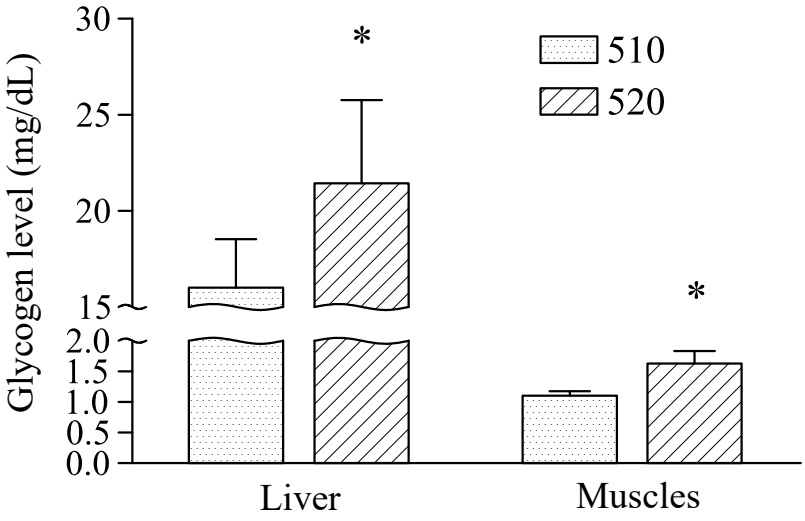

30
25
20
15
2.0
1.5
1.0
0.5
0.0
Glycogen level (mg/dL)
*
*
510
520
Liver
Muscles

FIG.5