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Título	CHANGES IN MOOD STATE AND RECOVERY-STRESS PERCEPTION AFTER A HRV-GUIDED RUNNING PROGRAM IN UNTRAINED WOMEN
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Resumo	To determine the effects of HRV-guided running training on mood state and recovery-stress factors in untrained women. Thirty untrained women were randomized into two groups. The CG performed a pre-defined training program while the HRVG completed their running training regarding the intensity distribution according to the parasympathetic activity. The questionnaires of perception of recovery-stress and mood state were answered pre and post-training. The CG reported reduced emotional stress (-0.8 ± 1.3), conflicts/pressure (-0.8 ± 0.8), and increased sleep quality (0.9 ± 1.1), personal acceptance (0.9 ± 1.6), self-regulation (0.8 ± 1.3), specific recovery mean (0.6 ± 0.9), and total recovery mean (0.4 ± 0.7). The HRVG reported decreased general stress (-0.5 ± 0.8), emotional stress (-0.7 ± 1.2), social stress (-0.8 ± 1.0), lack of energy (-0.8 ± 0.8), general stress mean (-0.5 ± 0.8), and increased self-regulation (0.7 ± 1.1). This group also decreased tension (-2.8 ± 3.7), depression (-2.7 ± 4.2), anger (-2.8 ± 4.4) and fatigue (-2.7 ± 3.7) and TMD (-10.7 ± 14.2). HRVG reduced negative scales of mood state and stress factors that were not observed in the controls.
Fomento	