A Comparison of Vo2max and Metabolic Variables Between Treadmill Running and Treadmill Skating

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The purpose of this study was to determine differences in aerobic endurance and other selected metabolic variables between treadmill running and treadmill skating. Treadmill running can be an effective mode of exercise to improve aerobic capacity in ice hockey players, but in regard to the specificity of ice skating, the skating treadmill may be ideal for these athletes. Aerobic endurance is a large component that is needed to sustain performance during the game and needed to recover quickly. The ability of the skating treadmill to increase in grade and provide resistance makes this mode of exercise very valuable to ice hockey players.