A f f ’ t n t - - t - t

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A f t a 21 D 2014

T ff - (STHA) - t (LTHA). S

0.34 C, f
0.29 C, f
0.23 0.30 C (L ., 2005).

H (HA) f f
(S ., 2008; L ., 2010). HA f
(R ., 2014). A , HA
(HR) (F ., 2001; L & M , 2010). F f
f (T , 2014).

T f f ’
HA. P
f f 10- HA
f

STHA (484 105 J) LTHA (570 124 J). T ff f HA [$F_{(1, 14)} = 0.186$, $P = 0.673$, $^2 = 0.013$].

ANOVA ff f HA t - T 38.5 C [$F_{(1, 14)} = 4.982$, $P = 0.042$, t $^2 =$ 0.262]. T T 38.5 C STHA (49 8) t LTHA (46 8). T ff f HA f T 38.5 C [$F_{(1, 14)} = 0.513$, $P = 0.486$, t $^2 = 0.035$].

Physiological responses during HA (days 1–5 and 5–10)

T e e a: er. rer

T ff f HA T (T

$STHA_{(RHTT1、RHTT2)}$ (0.23， 0.32 C, $P = 0.018$),
$LTHA_{(RHTT2、RHTT3)}$ (0.26，

$P =$

I t , a, a, a, a, a, -
f t STHA a, f a, a,
T (0.24 , 0.16 C) a, T ,
t a,
(0.32 , 0.36 C); a, a,
a, T . T a, t f t T
a, 0.3 C t C a, .
(2012) f 5 a, f a, a,
E a, f a, a, a, a,
t a, a, t a,
a, a, a, a, (N & N, t , 2001). A a, a,
f T a, a, f -
t a, a, f a, - a, -
t a, a, a,
ff f STHA a, .
I t , t t a, -
, a, a, f t
LTHA a, STHA. T a,
a, a, a, a, a,
a, a, f 38.5 C. T
t
LTHA t t a, a, -
a, t a, STHA. B a,
t t
a, a, t a, a, f -
f a, a, a, a, a, a, f a, t
a, a, LTHA, a, a, T a,
t t
a, , t a, a, a, a, a, t

a, a, a, a, . I
t t , f a, a, a, a, a,
t t f a, a, f LTHA; a,
t a, SR a, f t RHTT2 RHTT3
a, a, a, .

Limitations

T HA a, -
f a, 65% f $\dot{V}O_2$ t a, . F a,
t t
a, a, a, $\dot{V}O_2$ a, a, a, a, t a, -
a, ; t , a, a, a,-
a, t a, f
a, t (G a, ., 2008, 2013; t C a,
& a, , 2014). F t , f a,
t t t
a, a, a, a, a, a, a, t a, -
a, a, a, a, a, a, f a,
t a, 38.5 C (G a, ., 2009).
G t , HA -
t t
a, f a, a, a, , -
a, a, a, a, a, a, t
f a, a, a, a, t a, t
t t t t
a, a, . F a, a, a, a, f
t t ff a, a, f a, .