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Effect of a high-intensity interval training programme on heart rate variability in patients with heart failure: A pilot study. Heart rate variability (HRV) is an important factor in arrhythmia detection. Patients with chronic heart failure (CHF) have a lower HRV than healthy subjects. High-intensity interval training (HIIT) has shown positive effects on HRV in patients with CHF. However, the influence of HIIT on HRV in CHF patients is unknown. We performed a single-blind, randomised, controlled pilot study in 26 male patients with CHF. The patients were divided into two groups: one group underwent three sessions/week of HIIT, and the other group received a programme of continuous moderate exercise. Three minutes of self-paced exercise at 70% of the maximal heart rate achieved by a cardiopulmonary exercise test was performed on two consecutive days/week. Analysed were the time and frequency domain indices of HRV measured with a 24-h Holter monitor. The variables of the study were compared at the beginning and end of the study and between the two groups. Both groups showed a significant increase in the number of parasympathetic events and a decrease in the total time in which the heart rate was outside the normal range after the exercise programme. The training programme had no significant effect on the frequency domain indices of HRV. When compared with healthy subjects, patients with CHF have reduced indices of parasympathetic activity, which is restored by a moderate training programme. The high-intensity interval training programme administered during CHF rehabilitation is not associated with higher cardiac autonomic modulation.

Q: How do I scrape a webpage and link it to excel? I'm trying to scrape a webpage (fitness equipment) and store the data on a spreadsheet. I have tried to use request.post() with the scraped data to store it in the excel file but this doesn't work.

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