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Serum Creatine Phosphokinase (CPK) and Prolonged Exercise

By *Haruo Hashimoto**

Prolonged swimming in the fresh water pool were chosen for the investigation of the influence of prolonged exercise on the changes in the blood Creatine Phosphokinase (CPK) levels.

Fifteen students of the varsity swimming team at KEIO University performed prolonged swimming on July 5, 1982 as one of the preparatory training for channel swimming between Ito and Shimoda (Shizuoka-ken) which was executed on July 27, 1982. Four subjects swam for 6 hours 30 minutes (6:30). Five subjects swam for 7 hours 30 minutes (7:30). Six subjects swam for 9 hours 30 minutes (9:30).

Five students of the varsity track and field team performed 1500 m and/or 5000 m races on July 5, 1982, which were chosen for the comparison of shorter time exercise.

Serum CPK were determined before and after the prolonged exercise (swimming) and track & field events. Serum CPK rose moderately after the race of 1500 m and 5000 m track and field races, while that of prolonged swimming rose remarkably.

CPK isoenzym analysis revealed that CPK-MB fraction which is thought to be originated mainly from cardiac muscle rose significantly only in the subjects of 9:30 hours prolonged swimming.

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