

Abstract
 The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group participated in a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any exercise program. Physical fitness was measured at the beginning and end of the 12-week period using a series of tests: a 1-mile run, a 1.5-mile run, a 2-mile run, a 3-mile run, a 4-mile run, a 5-mile run, a 6-mile run, a 7-mile run, an 8-mile run, a 9-mile run, a 10-mile run, a 12-mile run, a 15-mile run, a 20-mile run, a 25-mile run, a 30-mile run, a 35-mile run, a 40-mile run, a 45-mile run, a 50-mile run, a 60-mile run, a 70-mile run, an 80-mile run, a 90-mile run, a 100-mile run, a 120-mile run, a 150-mile run, a 200-mile run, a 250-mile run, a 300-mile run, a 350-mile run, a 400-mile run, a 450-mile run, a 500-mile run, a 600-mile run, a 700-mile run, an 800-mile run, a 900-mile run, a 1000-mile run, a 1200-mile run, a 1500-mile run, a 2000-mile run, a 2500-mile run, a 3000-mile run, a 3500-mile run, a 4000-mile run, a 4500-mile run, a 5000-mile run, a 6000-mile run, a 7000-mile run, an 8000-mile run, a 9000-mile run, a 10000-mile run, a 12000-mile run, a 15000-mile run, a 20000-mile run, a 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