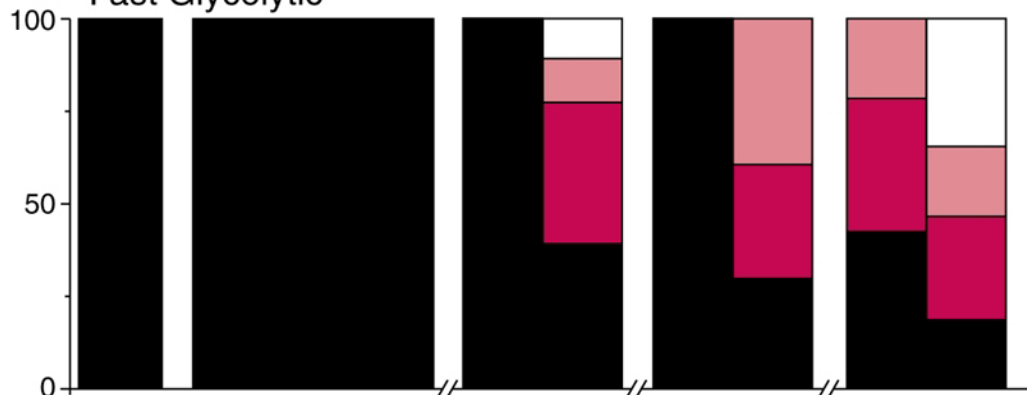
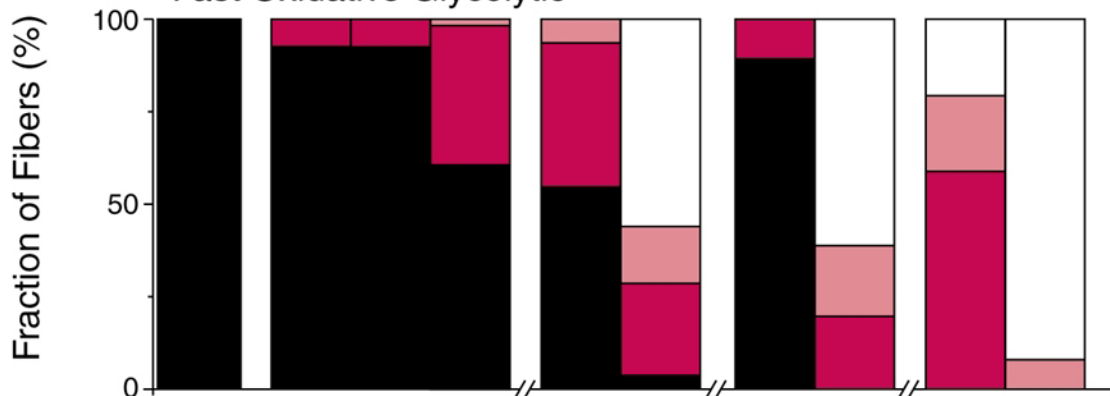


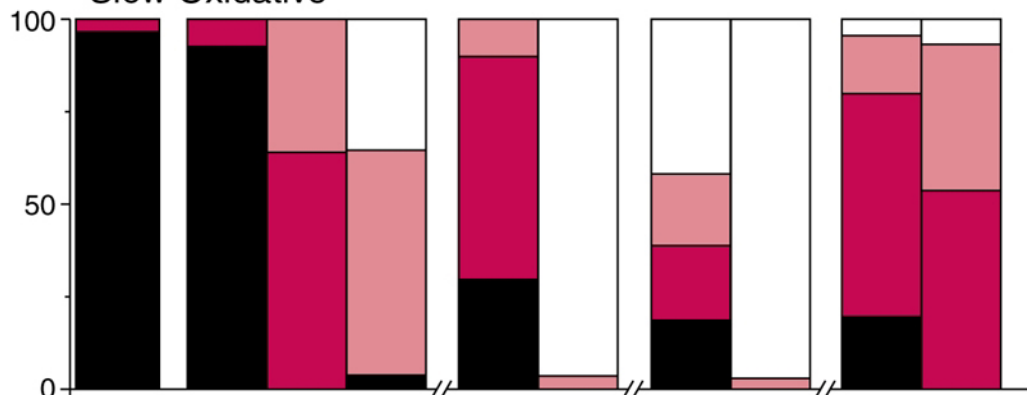
Fast Glycolytic



Fast Oxidative Glycolytic



Slow Oxidative



Time (min)

VO₂ (l/min)

Energy Demand
(%VO₂ max)

0

40

1.39

31

20

2.54

60

20

3.49

74

12 36

3.51

85