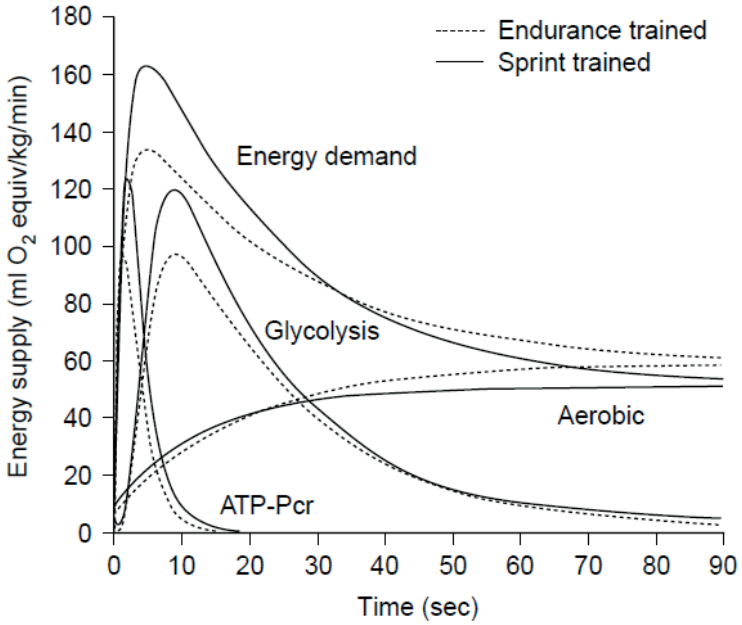
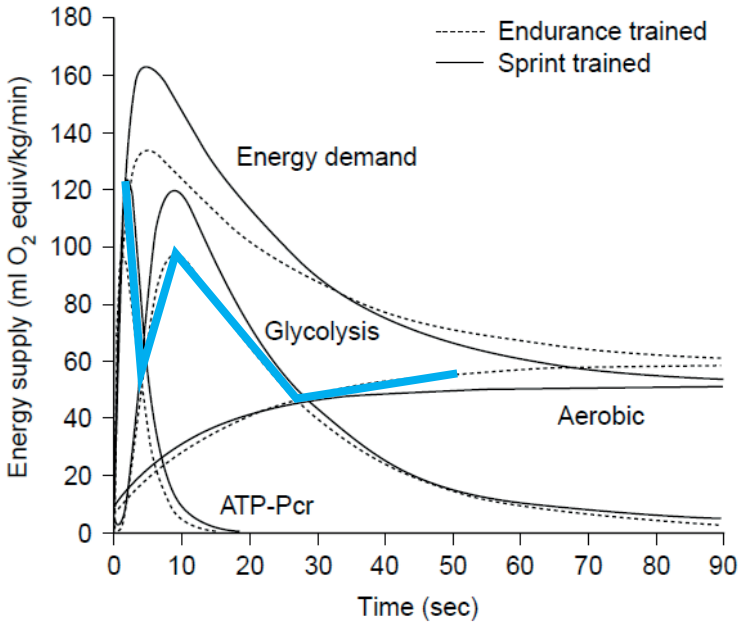
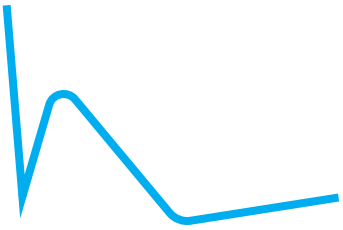

Endurance trained
Sprint trained
Energy demand
Glycolysis
Aerobic
ATP-Pcr
Energy supply (ml O_2 equiv/kg/min)
Time (sec)
0
20
40
60
80
100
120
140
160
180
0
10
20
30
40
50
60
70
80
90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