

Recovery

A respiration

Respiration that takes place in the absence of oxygen.

Glucose is converted into energy (ATP) directly.

Lactic acid is produced, which causes the muscles to fatigue (tire) quickly.

L A Removal

Oxygen combines with lactate to

converting it into water, carbon dioxide and energy.

Waste products are excreted as urine or used elsewhere in the body, carbon dioxide is excreted and energy is either reused or removed.

Oxygen is the key factor and demand for it will remain until all the lactate has been broken down and removed.

O debt

The total amount of oxygen required to bring the body back to its resting state.

Oxygen debt is therefore the oxygen needed to break all the lactic acid produced during high intensity (aerobic) exercise.

The process of taking in the additional oxygen needed by the body's cells to remove the waste products.

Name the two processes that increase during EPOC

1. C O

Due to an increase in h r and s v

2. M V

Due to increase in b r and t v

Recovery time

s	Trained muscles absorb oxygen faster, speeding the rate of lactic acid removal
g	Women tend to recover more quickly from low intensity exercise than males
a	Fit individuals transport blood and oxygen more efficiently
g	Quality, uninterrupted sleep helps you to recover physically and mentally
s	Recovery time increases with age, as the body's systems become less efficient
a	Some people inherit the ability to recover quickly from their parents
f	