

## Recovery

A respiration

Respiration that takes place in the absence of o

G is converted into e (ATP) directly.

L a is produced, which causes the muscles to  
f (tire) quickly.

L A Removal

O combines with l a  
converting it into w , c d and g .

W is excreted as u or used elsewhere  
in the body, c d is e and g  
either re used or removed

O is the key factor and demand for it will remain until all  
the l a has been broken down and removed.

O debt

The total ammount of o required to bring the body back to its  
resting state.

O debt is therfore the o needed to  
break all the l a produced during h  
intensity (a ) exercise.

## EPOC – E P O C

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

Name the two processes that increase during EPOC

1. C O

Due to an increase in heart rate and stroke volume.

2. M V

Due to increase in blood flow and tissue ventilation.

### Recovery time

s & f		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 f		Some people inherit the ability to recover quickly from their parents