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 ammunt 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.

LIVEWORKSHEETS

EPOC – E P O C

The process of taking in the additional o needed by the body's cells to remove the l a .

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 & 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 efficently
g		Quality, uninterupted sleep helps you to recover physicaly 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

LIVEWORKSHEETS