

FIG. 1 OXYGEN TRANSPORT

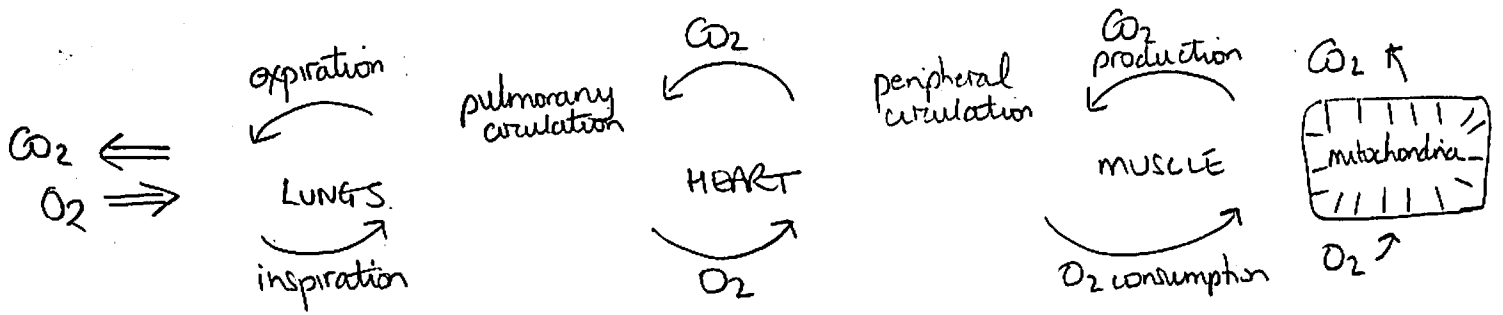


FIG. 2 BLOOD LACTATE CURVE

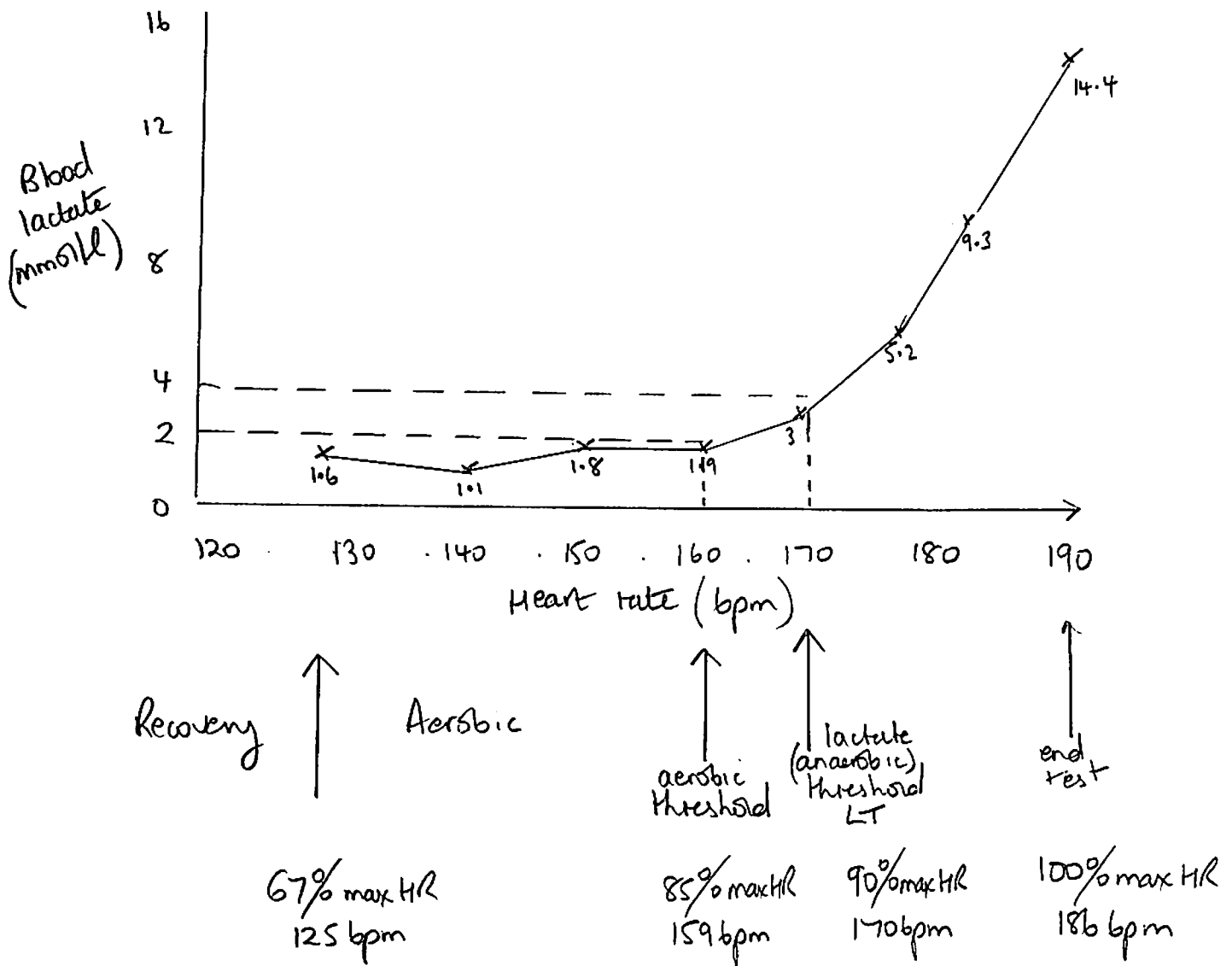


FIG. 3

VO₂ max / lactate / treadmill running speed

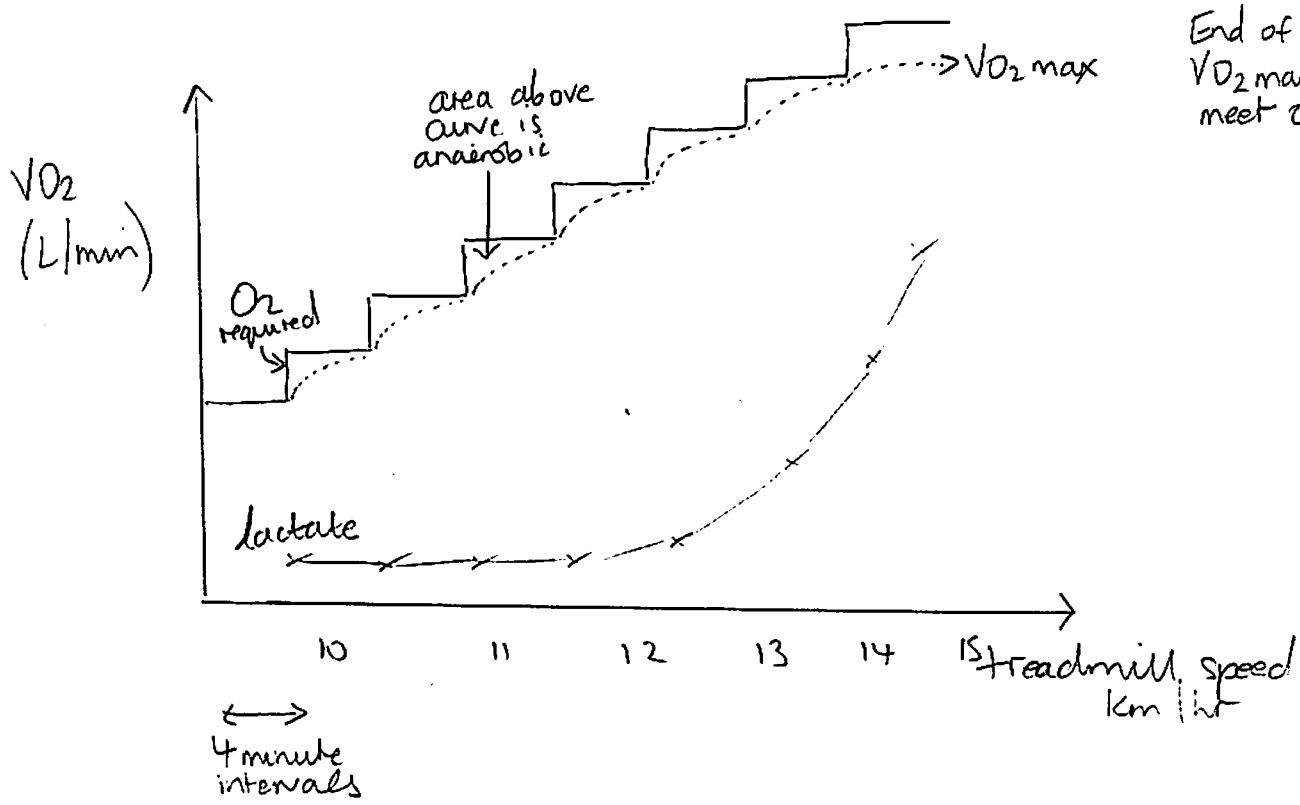
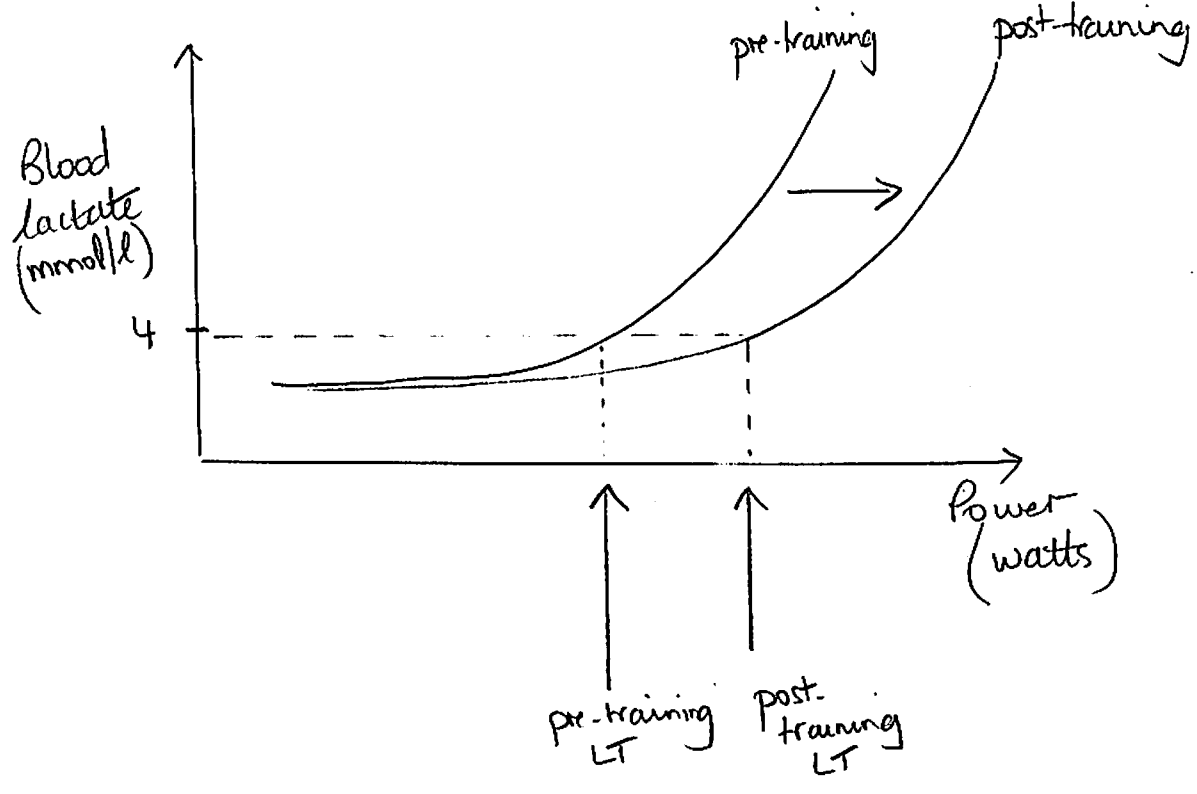


FIG. 4

Effect of training on LT (cyclist)



Greater power output (cyclist) at LT \Rightarrow faster race pace
running speed (runner)