|  |  |  |  |
| --- | --- | --- | --- |
| **Energy System** | **ATP-PC System** | **Lactate System** | **Aerobic System** |
| Aerobic/Anaerobic |  |  |  |
| Speed of energy production |  |  |  |
| Energy Source |  |  |  |
| By-Products |  |  |  |
| Duration of energy production |  |  |  |
| Exercise intensity |  |  |  |
| Recovery time |  |  |  |

|  |  |  |
| --- | --- | --- |
| Quick | ATP and PC | Aerobic |
| 10s – 3mins | Up to 2 hours | No by-products |
| Low intensity (up to 60%) | Anaerobic | High intensity (60-95%) |
| 20 min – 2 hours | Glucose and fat | Slow |
| High intensity (95-100% max) | Up to 24 hours to replenish glycogen stores | Quick recovery (30s – 3min) |
| Anaerobic | No fatiguing by-products | Short duration (0-10s) |
| Lactic acid | Very quick ATP production | Glucose |