Here is a lecture from a Personal Fitness Trainer course that covers all of the basics that you need to know about the 3 energy systems (aerobic system, lactic acid system and ATP-PC system). It is split into four youtube clips but is just one continuous lecture. It is well worth listening to and making notes on. In total it all lasts 35mins.

<http://www.youtube.com/watch?v=eHfN3J8cKi4> (part one)

<http://www.youtube.com/watch?v=Ky_ijg6aWnU&feature=relmfu> (part two)

<http://www.youtube.com/watch?v=dokpCVv0Tgg&feature=relmfu> (part three)

<http://www.youtube.com/watch?v=bYa8-KXCrW8&feature=relmfu> (part four)