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| **Stage** | **Stage Description** | **Stage Distance (meters)** | **Stage Time (seconds)** | **Predominant energy system** | **Commentary** |
| **1** | Rapid acceleration, preparing for stage 2. | 10 | 2.4 |  |  |
| **2** | To the end of the first bend, getting near the front. | 100 | 12.5 |  |  |
| **3** | Steady pace to end of the first lap. | 290 | 44.0 |  |  |
| **4** | Accelerating, responding to overtaking runner on bend. | 70 | 10.0 | Anaerobic lactic acid system | Crossing lactate threshold. Lactic acid accumulation. |
| **5** | Back straight – decelerate then steady pace. | 130 | 21.0 |  |  |
| **6** | Gradual increase in pace round final bend and entering straight. | 120 | 16.0 |  |  |
| **7** | Running at maximal pace. | 80 | 9.5 |  |  |

Analysis of the energy systems used during an 800m race