

Glossary:

Adenosine Triphosphate (ATP): A complex chemical compound that is formed with the energy released from food and that is stored in all cells, particularly muscle cells. Only with the energy released from the breakdown of this compound can the cell perform work.

Aerobic: In the presence of oxygen.

Anaerobic: In the absence of oxygen.

Endurance (aerobic) Training: A form of conditioning designed to increase aerobic capacity and endurance performance.

Fatigue: A state of weariness, discomfort and decreased efficiency resulting from prolonged or excessive exertion.

Interval Training: An exercise program in which the body is subjected to short but regularly repeated periods of work stress interspersed with adequate periods of relief.

Lactic Acid: A fatiguing metabolite of the lactic acid (anaerobic) system resulting from the incomplete breakdown of glucose.

Muscular Endurance: The ability of a muscle group to perform repeated co-contractions against a light load for an extended period of time.

Specific Endurance: Ability to do sports movement of particular sports under conditions of fatigue long.

Speed endurance: Ability to resist fatigue in activities lasting up to 45 seconds.