Stored ATP (Cytoplasm)	1	Stored ATP = 100 grams :00 to :03
ATP-PC (Cytoplasm)		CK Reaction (ADP + Pi) = 1 calorie per second 120 grams/15 total calories from stores creatine phosphate :03 to :12 Total calories up to this point = 40 to 60 per minute
Fast glycolysis P.A. --> L.A. (Cytoplasm)		CHO anaerobic glycolysis = .5 calorie per second Average person has 2,000 calories of stored glycogen in muscle, liver and blood (glucose) 20 to 30 calories per minute :12 to 1:40 Pyruvic acid --> lactic acid Top end is anaerobic glycolysis - up to 3:30
Slow glycolysis P.A. to A. CoA (Mitochondria)	2	Full spectrum of glycolysis & total oxidation of CHO Pyruvic acid --> Acetyl CoA From 3:30 to 10:00 Top end is aerobic glycolysis
Aerobic 1 Mitochondria (Krebs Cycle)	3	Conventional endurance events (marathon, 10K, obstacle runs) 10:00 to 2 hours 10 to 20 calories per minute Average person has 50,000 to 100,000 calories of stored fat CHO aerobically to the lactate threshold & heavy on TG's Higher VO2 max = higher lactate threshold (untrained @ 60%/elite @ 80%+) Top end is lactate threshold
Aerobic 2 Mitochondria (E.T.S.)	4	Ultra distance/24 hour events: maximum TG power Ability to store a lot of adipose fat & intramuscular lipids is favorable Adipose fat = 1st to go and intramuscular TG's is 2nd