

TRAINING METHODS AND ENERGY SYSTEMS RELATIONSHIP.

TRAINING METHOD	DESCRIPTION	PHOSPHATE/ ANAEROBIC GLYCOLISIS %	AEROBIC/ ANAEROBIC %	AEROBIC %
Increasing Running Pace	Progressive speed increase.	90	5	5
High Running Pace (Steady)	Medium Distance training (5- 25') at a high/ fast pace.	2	8	90
Low Running Pace (Steady)	Long Distance Running (over 25') at a low/ medium pace.	2	5	93
Jogging	Medium/ long Distance running at a low pace.	0	0	100
Cross- Walk	Alternate high pace sets with walking or low pace sets intervals.	85	10	5
Interval Training	Alternate active phases with rest periods.	0- 80	0- 80	0- 80
Reps	Similar to Interval Training but with longer active and rest phases.	10	50	40
Fartlek	Continuous. Pace changes and also the pathway profile.	20	40	40
Speed Training	High intensity speed sets with complete recovery during rest periods.	90	6	4

Adaptado de: *Sports Physiology*. 3ra. ed.; (p. 231), por R. W. Bowers y E. L. Fox, 1992, Dubuque, IA: Wm C. Brown Publishers. Copyright por: Wm C. Brown Publishers.