

<b>With oxygen</b>	<b>100m Sprinter</b>
<b>Without oxygen</b>	<b>200m sprinter</b>
<b>High Intensity</b>	<b>60-80% of maximum HR</b>
<b>Short period of time</b>	<b>80-90% of maximum HR</b>
<b>Long period of time</b>	<b>Fuelled by Fats</b>
<b>Low/Moderate intensity</b>	<b>Fuelled by Fats and carbohydrates</b>
<b>Waste product of CO<sub>2</sub> and Water</b>	<b>Triathlon</b>
<b>Waste product Lactic acid</b>	<b>Cycling</b>
<b>Hockey</b>	<b>Continuous training</b>
<b>Netball</b>	<b>Interval Training</b>
<b>Marathon Runner</b>	<b>Circuit training</b>