**VO2MAX**

\(O_2/\text{second}\)

- **Stroke Volume (SV)**
- **Oxygen Extraction (a-vO2)**

**Lactate Threshold**

\(\text{ATP/O}_2\)

- **Glucose Oxidation (GO)**
- **Fatty Acid Oxidation (FAO)**
- **Mitochondrial Enzymes (ME)**
- **ATP + Lactate**
- **ATP + CO2**

**Running Economy**

\(\text{meters/ATP}\)

- **Muscle Strength (MS)**
- **Neurological Recruitment (NR)**
- **Biomechanics**

**Training and De-Training Graphs**

- **VO2MAX**
- **SV**
- **a-vO2**
- **Lactate Threshold (LT)**
- **Mitochondrial Enzymes (ME)**
- **Fatty Acid Oxidation (FAO)**
- **Glucose Oxidation (GO)**
- **Running Economy (RE)**
- **Muscle Strength (MS)**
- **Neurological Recruitment (NR)**
- **Biomechanics**

Graphs show changes over time for training and de-training phases.