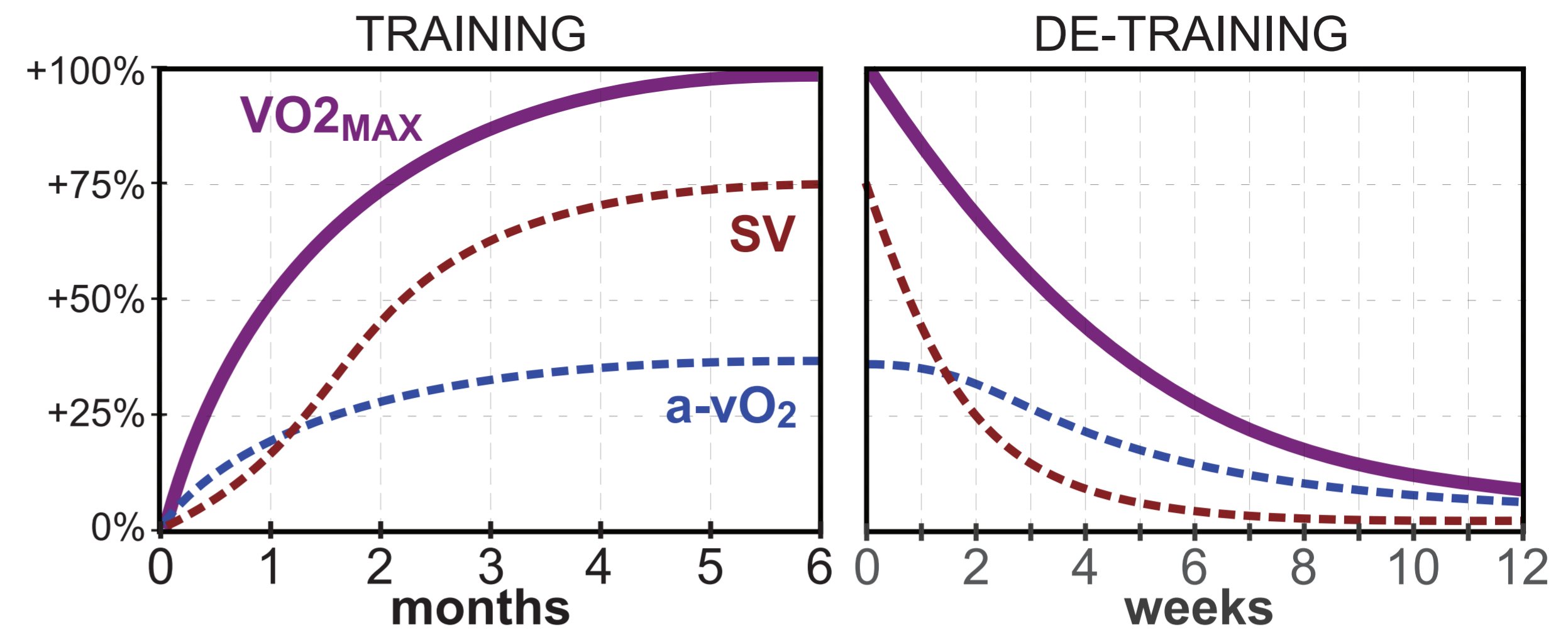
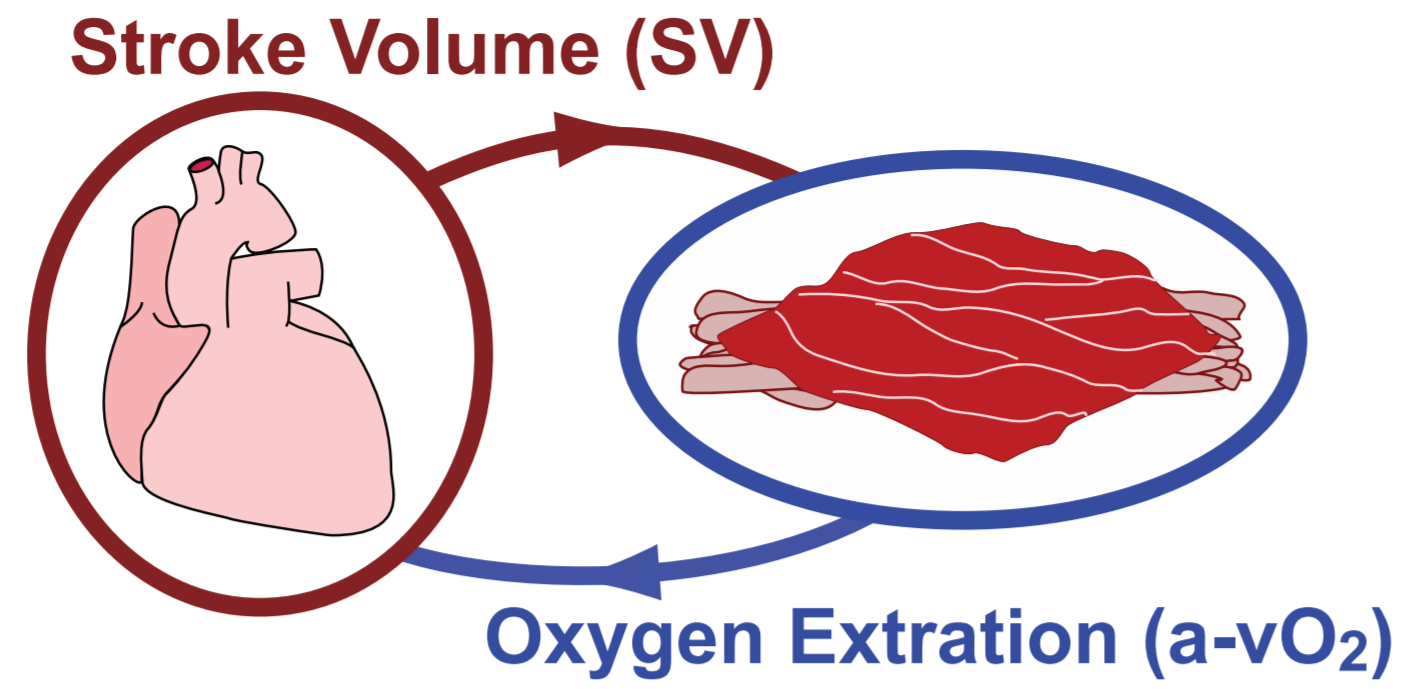
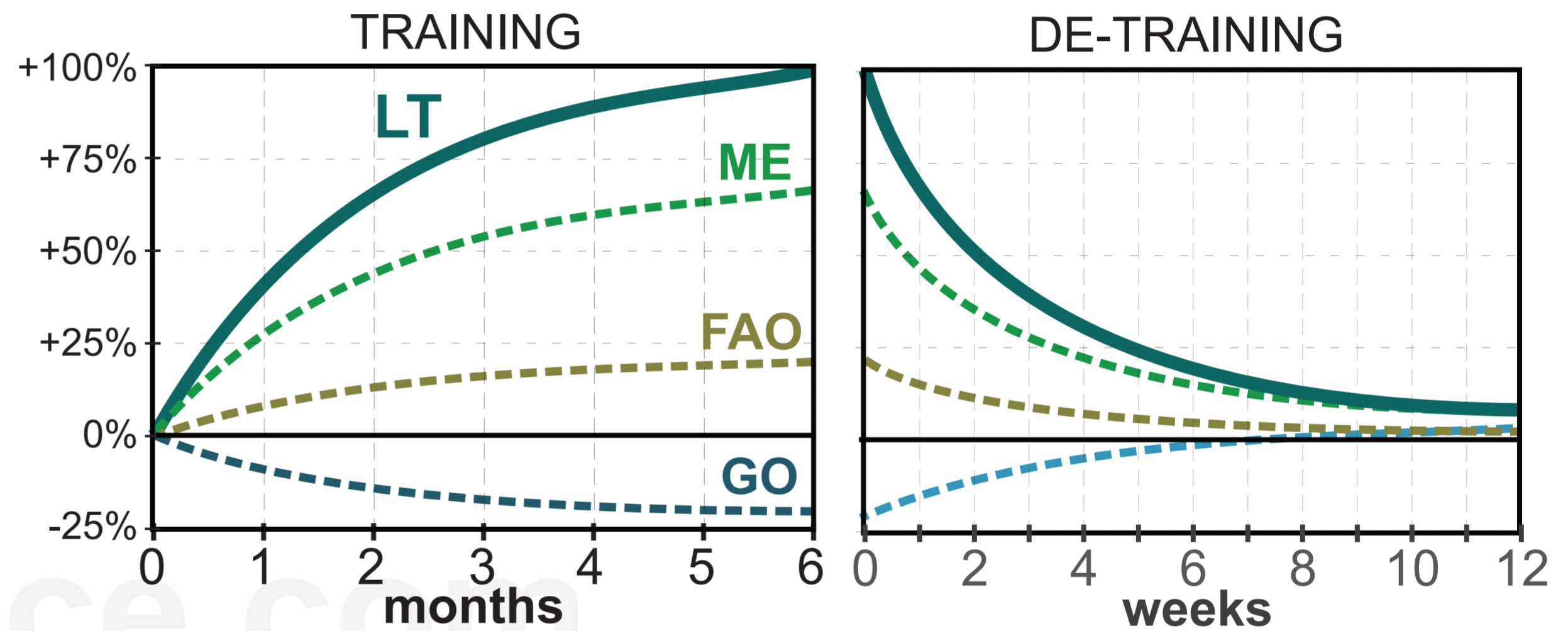
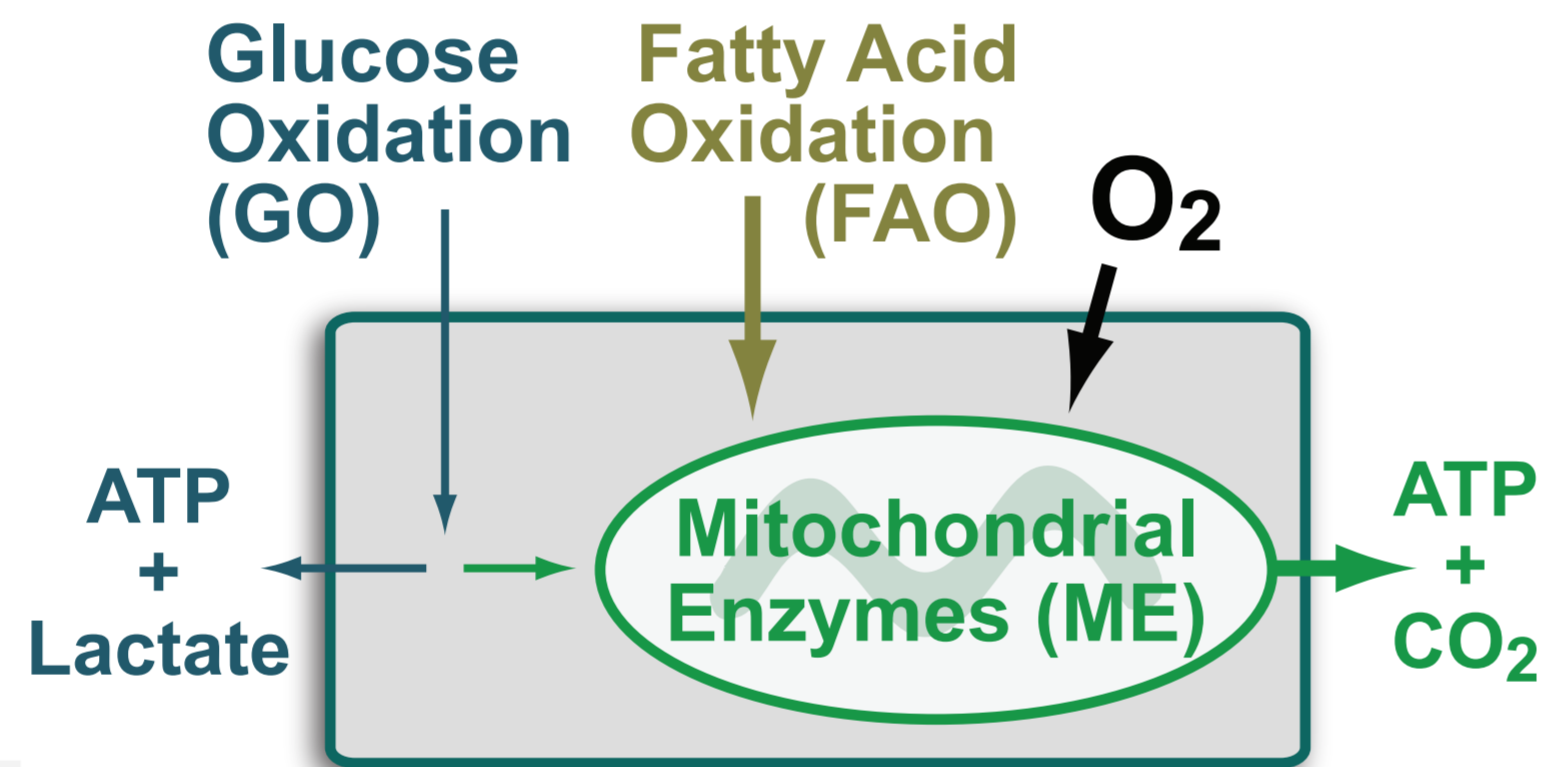


VO₂MAX
(O₂ / second)



Lactate Threshold
(ATP / O₂)



Running Economy
(meters / ATP)

