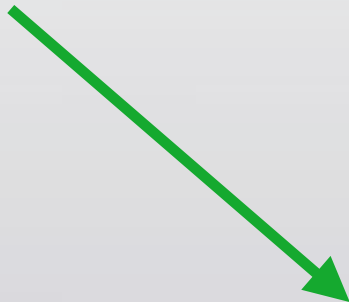


# 1. Phosphogen system

Creatine phosphate



Creatine +  $PO_3$



Lasts for 10-15 secs

100 m dash, weight lifting

# 2. Glycogen-lactic acid system anaerobic respiration

Glycogen



Glucose



Pyruvic acid



Lactic acid



**ADP ↔ ATP**

Lasts for 30-40 secs

200-400 m dash

# 3. Aerobic respiration system

Glucose  
fatty acids  
amino acids  
+

$O_2$



$CO_2 + H_2O$



Lasts indefinitely