1. Phosphogen system
   - Creatine phosphate
     - Creatine + PO₃

2. Glycogen-lactic acid system
   - Glycogen
     - Glucose
       - Pyruvic acid
         - Lactic acid
   - Lasts for 10-15 secs
     - 100 m dash, weight lifting
   - ADP  ATP

3. Aerobic respiration system
   - Glucose
     - Fatty acids
     - Amino acids
     - + O₂
       - CO₂ + H₂O
   - Lasts indefinitely
     - Lasts for 30-40 secs
       - 200-400 m dash