

# Is lactic acid a 4 letter word

Name \_\_\_\_\_

Go to [www.teachersdomain.org](http://www.teachersdomain.org) - click on science then on life science. Click on Structure and function of cells (under Structure and function). Now click on the title of this assignment.

1. Distance running uses primarily what type of metabolism?
2. What is the anaerobic threshold?
3. The lactate system uses sugar stored where?
4. Aerobic energy sources primarily come from what 2 sources?
5. At paces more than 30% slower than your 10K race pace (1.3 x 10K pace/mile), you should be utilizing the highest ratio of \_\_\_\_\_ for fuel.
6. What does "hitting the wall" mean chemically?
7. Name and describe the 2 types of muscle tissue.
8. Pick one of the 4 events they describe training for and tell basically how one should train for that event?

9. List one training error people make.