

Tutorial 04 : Bioenergetic Aspects In Modern Sports Training

Tutorial (TD)

Analyze and discuss the following:

- Training Process: Advantages and Disadvantages:
- Training According to Different Metabolic Processes
- Improving Metabolisms According to Different Training Methods
- The Contribution of Different Metabolisms to Sports Activity
- According to Exercise Duration
- According to Metabolic Exhaustion Time
- According to Heart Rate and Lactate