# Anaerobic power and anaerobic capacity

- Anaerobic power 無氧動力: Peak rate of ATP produced via anaerobic metabolism, difficult to measure directly
  - Usually estimated from peak power output during all-out sprint-type exercise
- Anaerobic capacity 無氧能力: Maximal amount of ATP that can be generated through anaerobic metabolism, during short-duration maximal ex
  - Important for 400-1500 m running, 200-400 m freestyle swimming, 1-4 km track cycling, 2000 m rowing, 500-1000 m kayaking, team sports

# <u>Anaerobic Power And Capacity Measurement Video Tape</u> <u>3</u>

**Mark Steyvers** 

# **Anaerobic Power And Capacity Measurement Video Tape 3:**

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