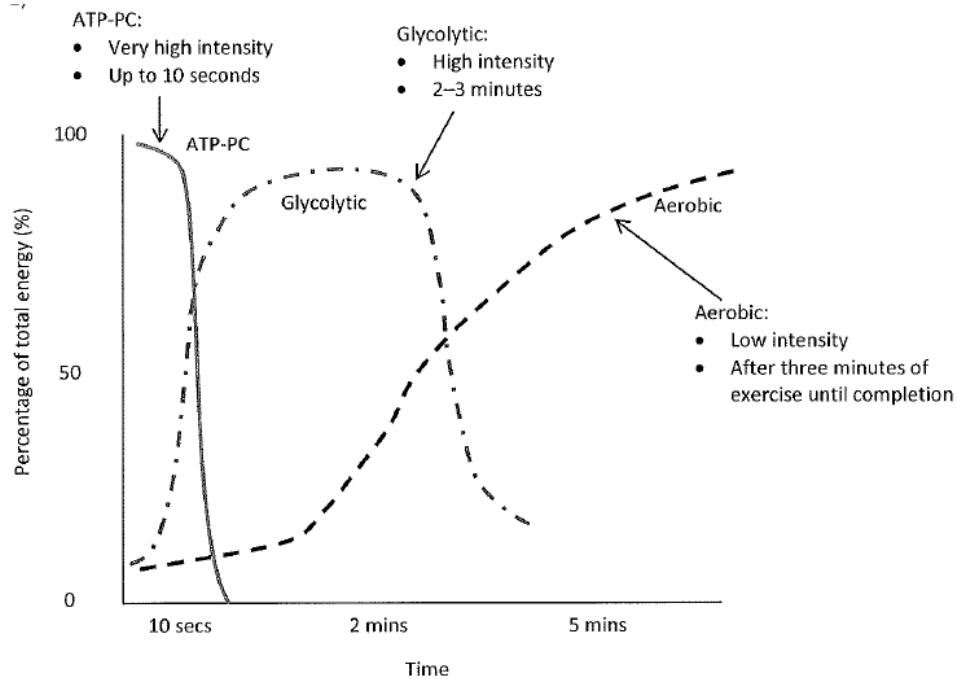


The food we eat can be stored in the body ready to be used as fuel for energy production. When fuels are **metabolised** they are converted into a compound called adenosime triphosphate (**ATP**). ATP is exhausted quickly so must be resynthesised.

The energy required to do this is provided by one of three energy systems:



The recovery time of each system affects the utilisation of that system. The length of recovery time determines when that system can be optimally used again.

Identify the replenishment time for each of the three systems in the table below:

Energy system	Recovery time
ATP-PC	
Glycolytic	
Aerobic	

