

ENERGY SYSTEMS COMPARISON

ENERGY SYSTEM	FUEL USED	RATE OF ATP PRODUCTION	CAPACITY OF ENERGY SYSTEM	MAIN USE
ATP-CP	Creatine Phosphate (stored in the muscle)	Very rapid	Very limited ATP production	Very high intensity short duration activities of 1-10 seconds
Lactic Acid	Glycogen (stored in the muscles and liver)	Rapid By-product is lactic acid	Limited ATP production	High intensity short duration activities of 20-30 secs
Oxygen	Glycogen / Fatty Acids (stored in the muscles and adipose tissue)	Slow By-products are CO ₂ and water	Limited ATP production	Moderate to vigorous intensity activities, long duration (3 mins)