

## Aerobic Endurance

*The ability of the body to use oxygen efficiently in order to delay the onset of fatigue. When an exercise lasts longer than a minute or two, the muscles get most of their energy from processes that require an increased supply of oxygen delivered to the muscles and tissues. These activities are called aerobic, meaning 'with air'.*

*Aerobic activities include running, brisk walking, swimming, cycling, rowing, cross-country skiing, rope skipping and aerobic dance.*

## Anaerobic Endurance

*The ability of the body to delay the onset of fatigue using energy systems that do not require oxygen. During exercise, a muscle requires about fifty times more oxygen per minute than at rest. To reduce the demand for oxygen the muscles are able to convert glucose into energy, without the use of oxygen. For a short period of time, this process, called anaerobic glycolysis, is a highly efficient means of harvesting energy. Unfortunately, an accumulation of lactic acid which results from intense exercise causes the energy processes within a cell to cease, which eventually fatigues the muscles.*

## Muscular Endurance

*In many ways this is closely related to anaerobic endurance as it involves the ability of local muscle groups to exercise for a long period. This occurs because muscle groups required to perform particular tasks are able to use energy systems efficiently and thus have high levels of endurance.*