



Worksheet

Lactic Acid Energy System

1. How long does the Lactic Acid system last?
2. What intensity does the LA system work at?
3. Describe glycolysis
4. How many ATPs do you get from the LA System?
5. Where does the LA system take place?
6. What substance fuels the LA system?
7. Describe pyruvate?
8. Describe anaerobic glycolysis
9. Explain why lactic acid is formed in the LA system
10. Explain why you fatigue when using the LA system
11. Ebenezer is competing in a 400m running event. Explain how the LA system aids Ebenezer from the start of the race to the finish (you should explain how the LA system works in this answer).

