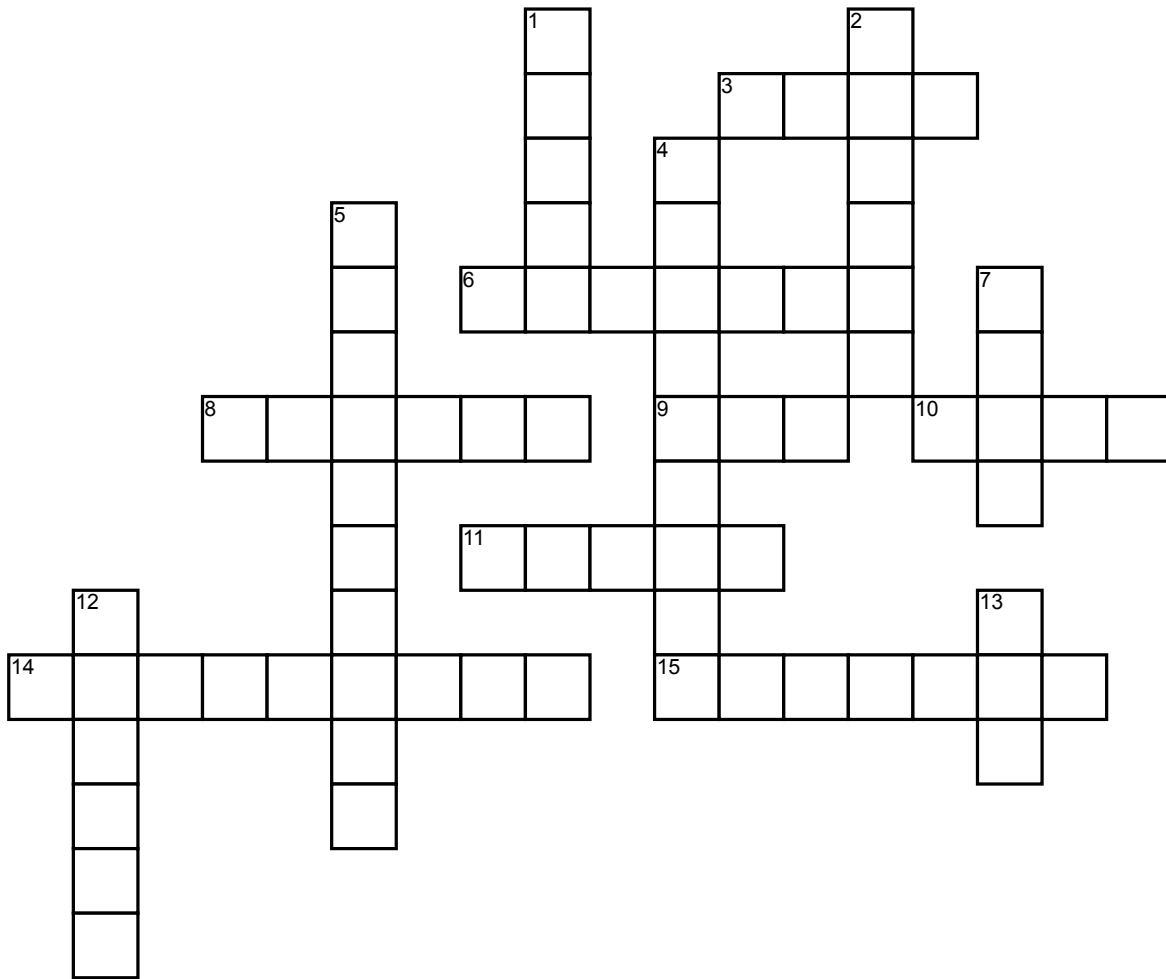


Name: \_\_\_\_\_

# Energy Systems



## Across

- 3.** The aerobic energy system is \_\_\_\_\_ releasing.
- 6.** Marathon runners rely on the \_\_\_\_\_ energy system.
- 8.** Does not produce any \_\_\_\_\_ acid
- 9.** For anything longer than \_\_\_\_\_ minutes in duration.
- 10.** This system is for \_\_\_\_\_ power/ low duration.
- 11.** Can sustain activity for \_\_\_\_\_ 10 seconds.

**14.** The ATP energy system is described as \_\_\_\_\_.

**15.** Last for up to two \_\_\_\_\_

## Down

- 1.** All \_\_\_\_\_ energy systems link together and interact with each other during long periods of exercise.
- 2.** ATP is the primary energy \_\_\_\_\_ and is used in all three energy systems.

**4.** The system is most used in \_\_\_\_\_ events, such as 100m.

**5.** Also known Anaerobic \_\_\_\_\_

**7.** This energy systems DOES use Lactic \_\_\_\_\_

**12.** Aerobic energy system uses \_\_\_\_\_

**13.** For durations over \_\_\_\_\_ seconds