

Name: _____

Date: _____

Energy Systems

O M I M P A I K F U Z N X P E K U S X G I S W H
N S M D E J B R F A O S C E R W W H S L L Y X R
W W U G R Z A J O I T I U X X F G O V U N G Y O
H A W O B A Z G T L B I R E T N I R P S M R B P
E E O W U E J A V O X J G P D M J T V Y A E I Y
D O Y J N N U C R A I B H U V W R D D N R N H B
E N J Q Z Q E E X A Z B A C E S A U I H A E T A
A F K N E B A R I B I E T G I H F R C N T Y J Q
X J R F X N S L T R H G S A N O P A A D H T L A
O C P O A A S C Q S K T Y O O R T T C F O P G E
P Z Q O Z A K W W U Z Y U T C A N I I P N C P R
L H I D E C N E S E R P B U A U L O T W R S D O
X E X C N T G R B D A A Q J V R L N C N U G S B
Q R B O A A W K R U L L R F D E J G A Y N P J I
R I M Q B S I R F L X N F B K E B G L T N J O C
E N O Z G N I N I A R T E N O R Q Y T G E D L O
Y S O X Y G E N U P U T S O S B H J P P R T U O
Z C G A B S E N C E V W E I G H T L I F T I N G
L O N G D U R A T I O N Q T I K T P Z B I U B T
M P K Q G F P W W W F V Z C M Y F F L R M O R S
U M M U P J Y O X B I F N A I B P R U N E A E G
F F Z N T H O X D L W N O E G H I X V H J C C B
Q X N B N G G C Z G K F B R Q W P L V X Y L M C
R E T A W V R B G X Y E D I X O I D N O B R A C

Marathon runner
Weightlifting
Anaerobic
Presence
Absence
Water

Short duration
Long duration
Football
Sprinter
Aerobic
Food

Carbon Dioxide
Lactic Acid
Equation
Fatigue
Energy

Training zone
Strenuous
Reaction
Glucose
Oxygen