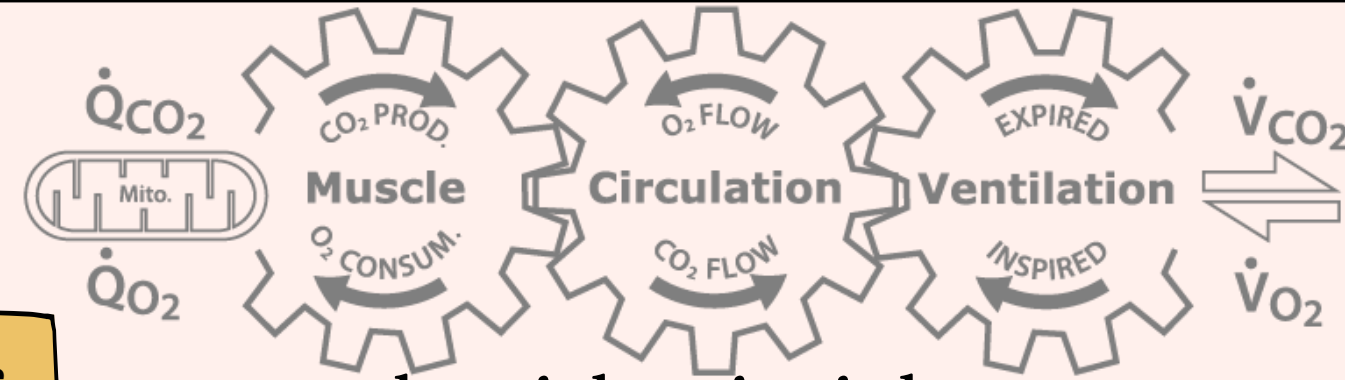


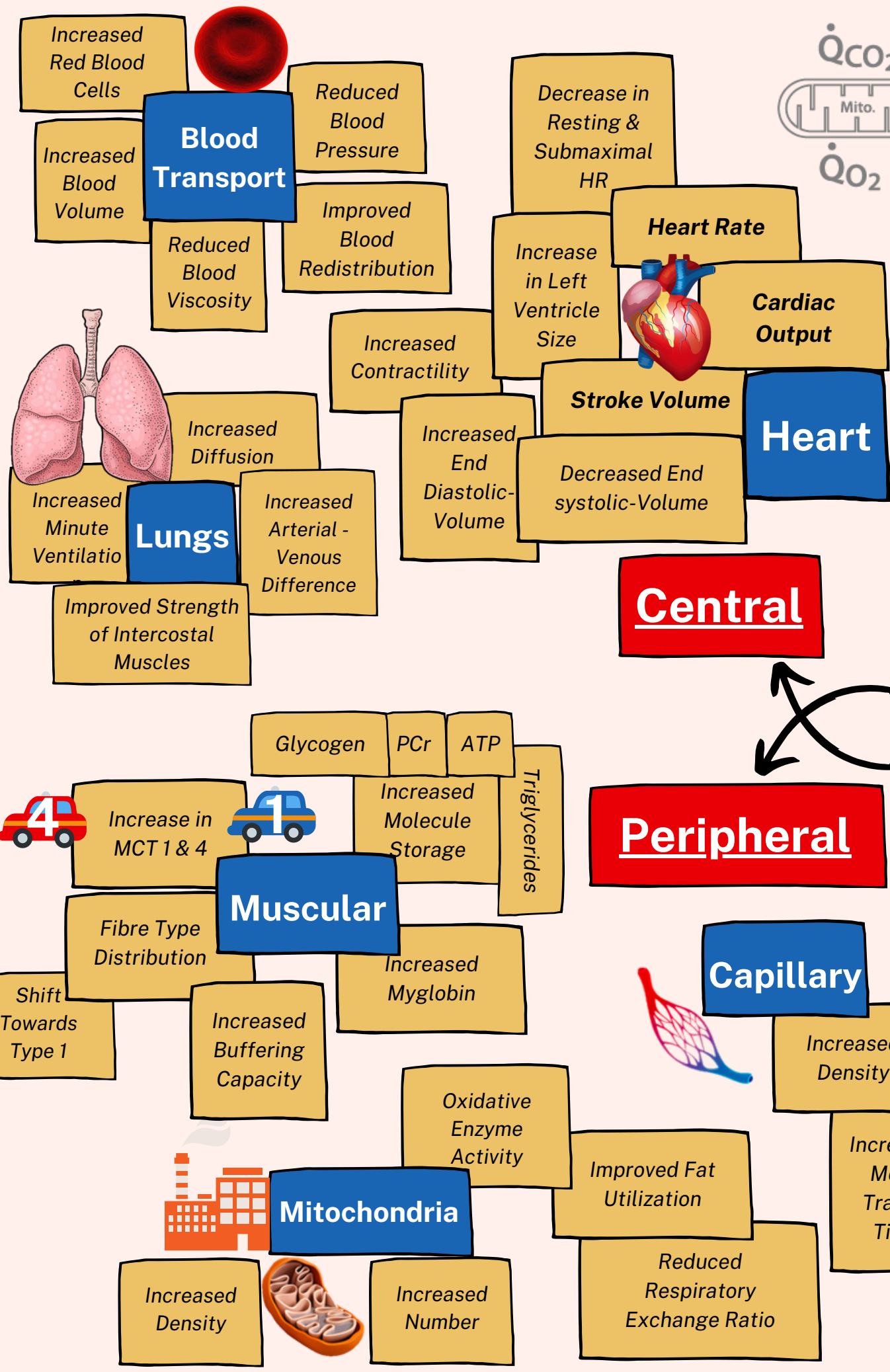
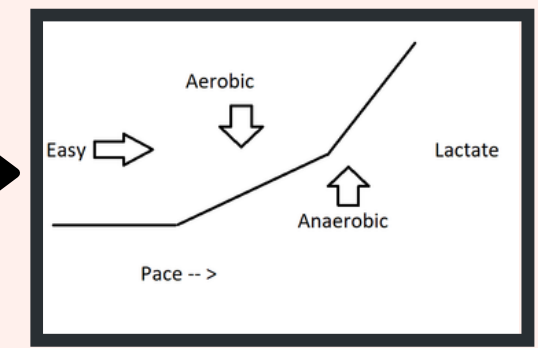
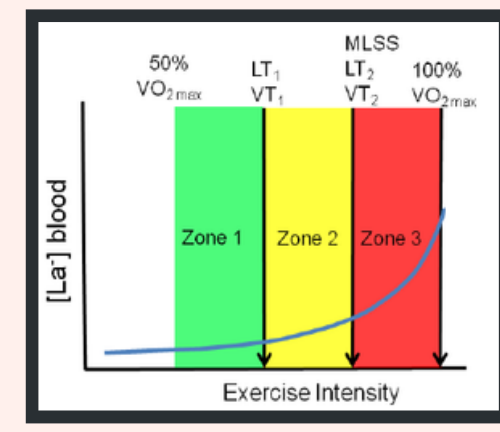
"There is no race day magic that lets you outperform your Physiology"



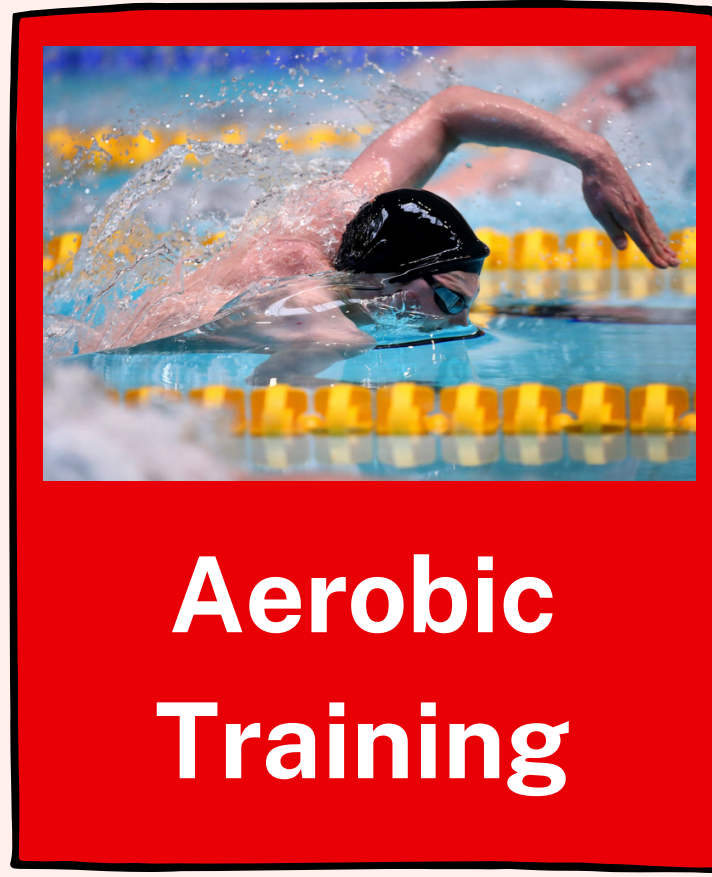
The Fick Principle

$$\dot{V}O_2 \text{Max} = \dot{Q} \times a - \bar{v} O_2$$

Oxygen Consumption = Blood Flow x Oxygen Extraction

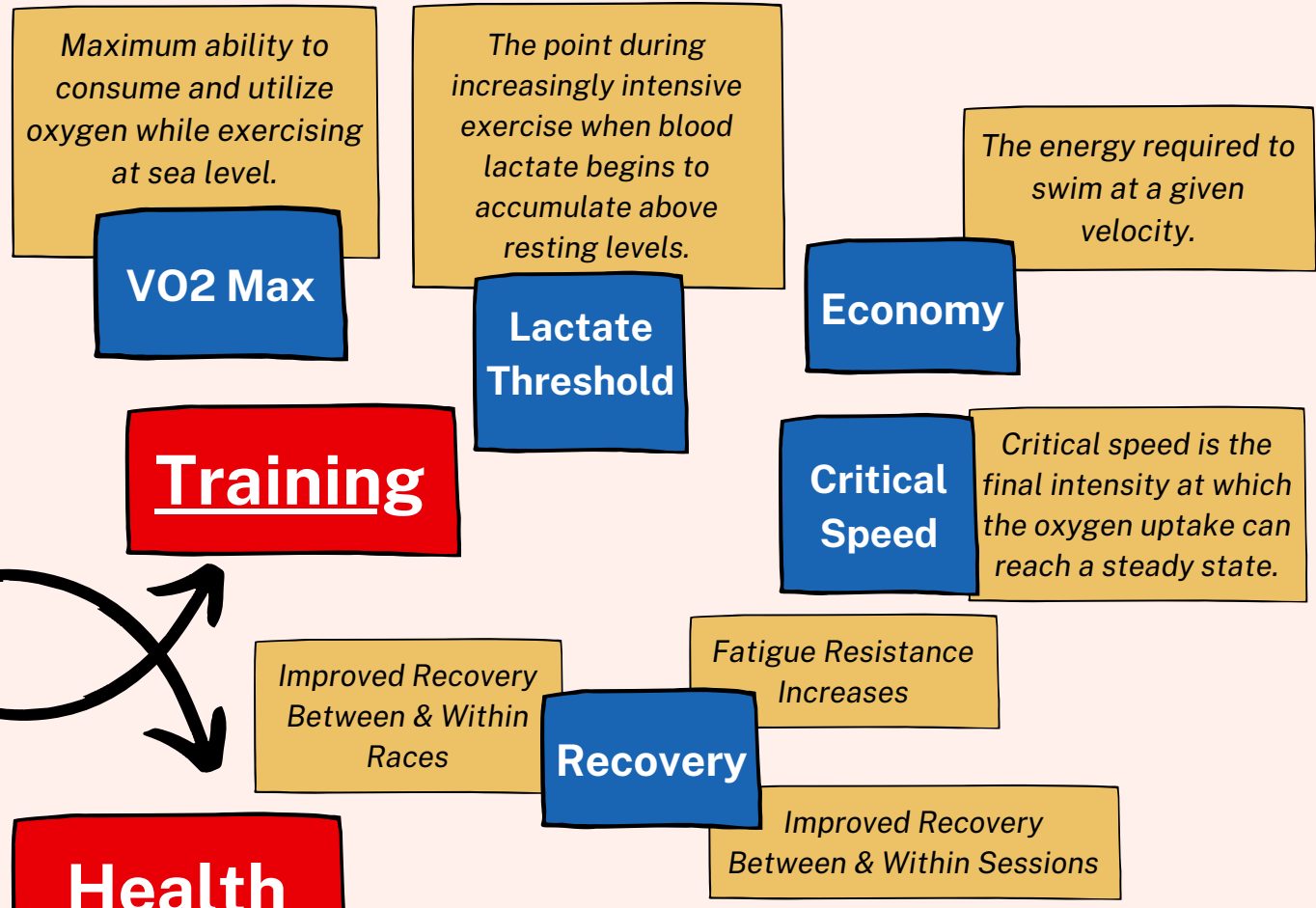


Structures



Aerobic Training

Functions



Structure Dictates Function

