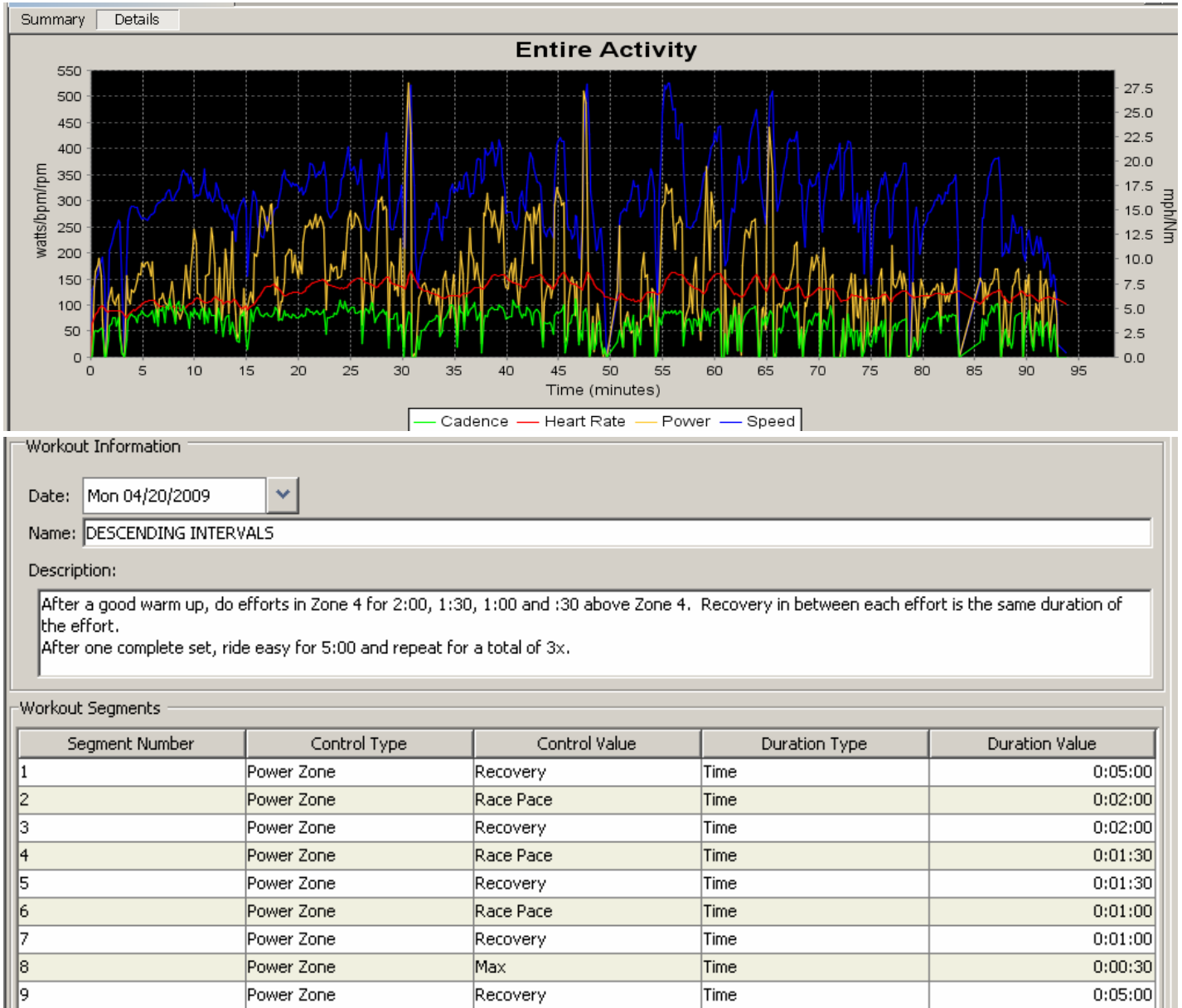


Descending Anaerobic Intervals

Anaerobic training consists of alternating short, powerful bursts of intensive exercise with recovery. The anaerobic system will rely on energy sources that are stored in the muscle and occurs when the demand for oxygen exceeds the oxygen supply.



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