

Metabolic Specificity of Training

Duration	Intensity	Primary System
0-6 sec	Extremely high	Phosphagen
6-30 sec	Very high	Phosphagen and fast glycolysis
30 sec – 2 min	High	Fast glycolysis
2-3 min	Moderate	Fast glycolysis and oxidative system
> 3 min	Low	Oxidative system

Haff and Triplett

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Interval Training

% maximum power	Primary system stressed	Typical exercise time	Range of work to rest ratios
90-100	Phosphagen	5-10 sec	1:12 to 1:20
75-90	Fast glycolysis	15-30 sec	1:3 to 1:5
30-75	Fast glycolysis	1-3 min	1:3 to 1:4
20-30	Oxidative	➤ 3 min	1:1 to 1:3

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