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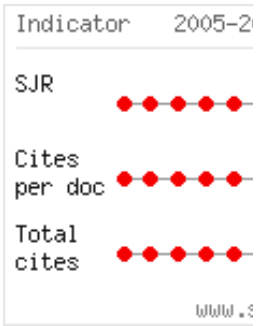

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Physiological requirements in triathlon

Grégoire P. Millet, Veronica E. Vleck, David J. Bentley

Abstract

This article aims to present the current knowledge on

physiological requirements in Olympic distance and Ironman triathlon. Showing the data available from a "traditional point of view" (aerobic power, anaerobic threshold, heart rate, running economy) and from a "contemporary" point of view (V? O2 kinetics), it emphasises where we are currently and the areas that remain unknown.

Key words: MAXIMAL AEROBIC POWER; ANAEROBIC THRESHOLD; HEART RATE;