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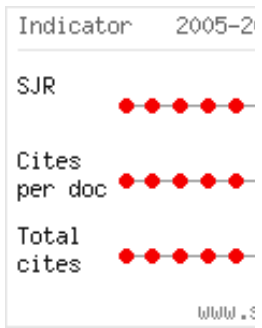
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Physiological requirements in triathlon

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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 ($\dot{V}O_2$ kinetics), it emphasises where we are currently and the areas that remain unknown.

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