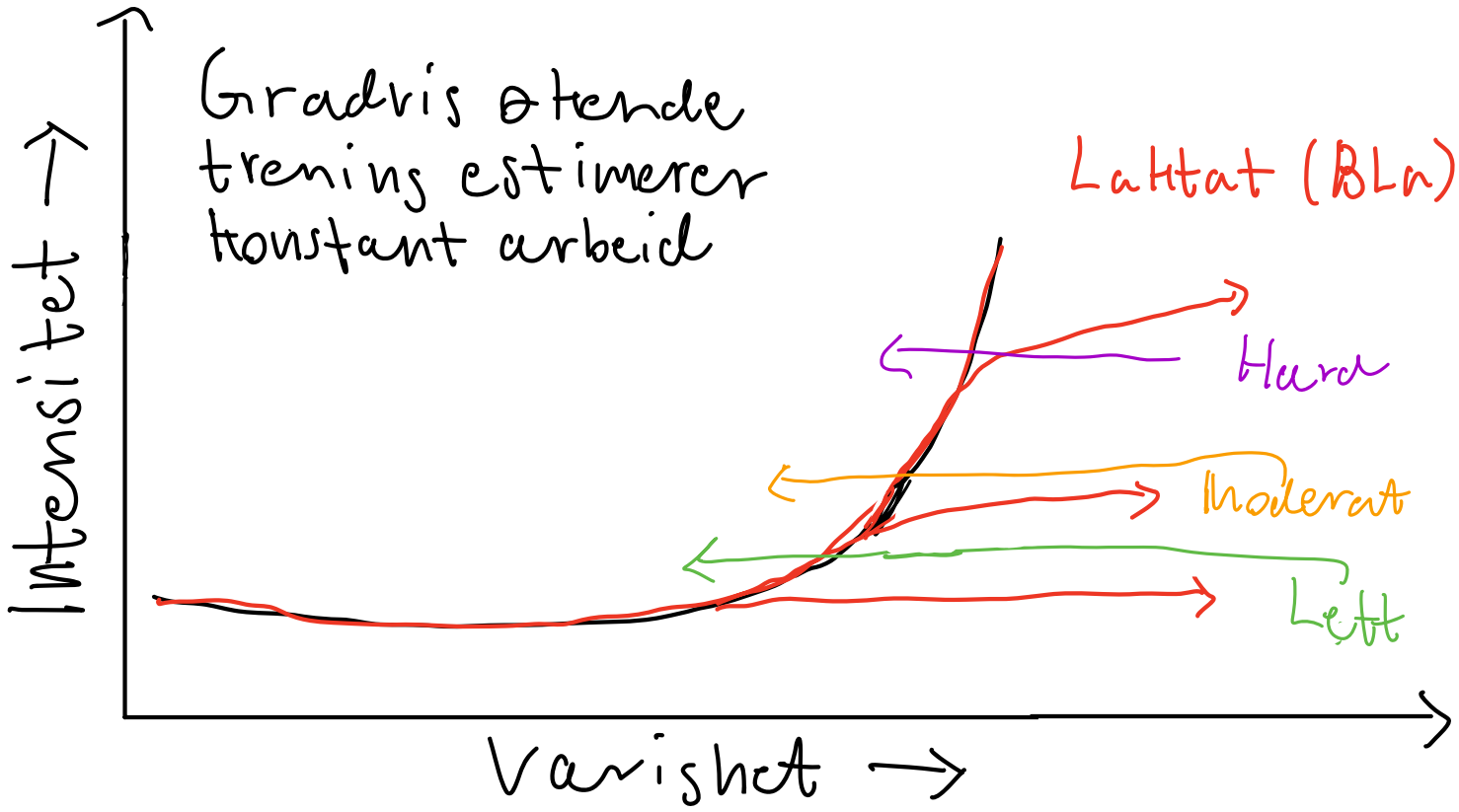
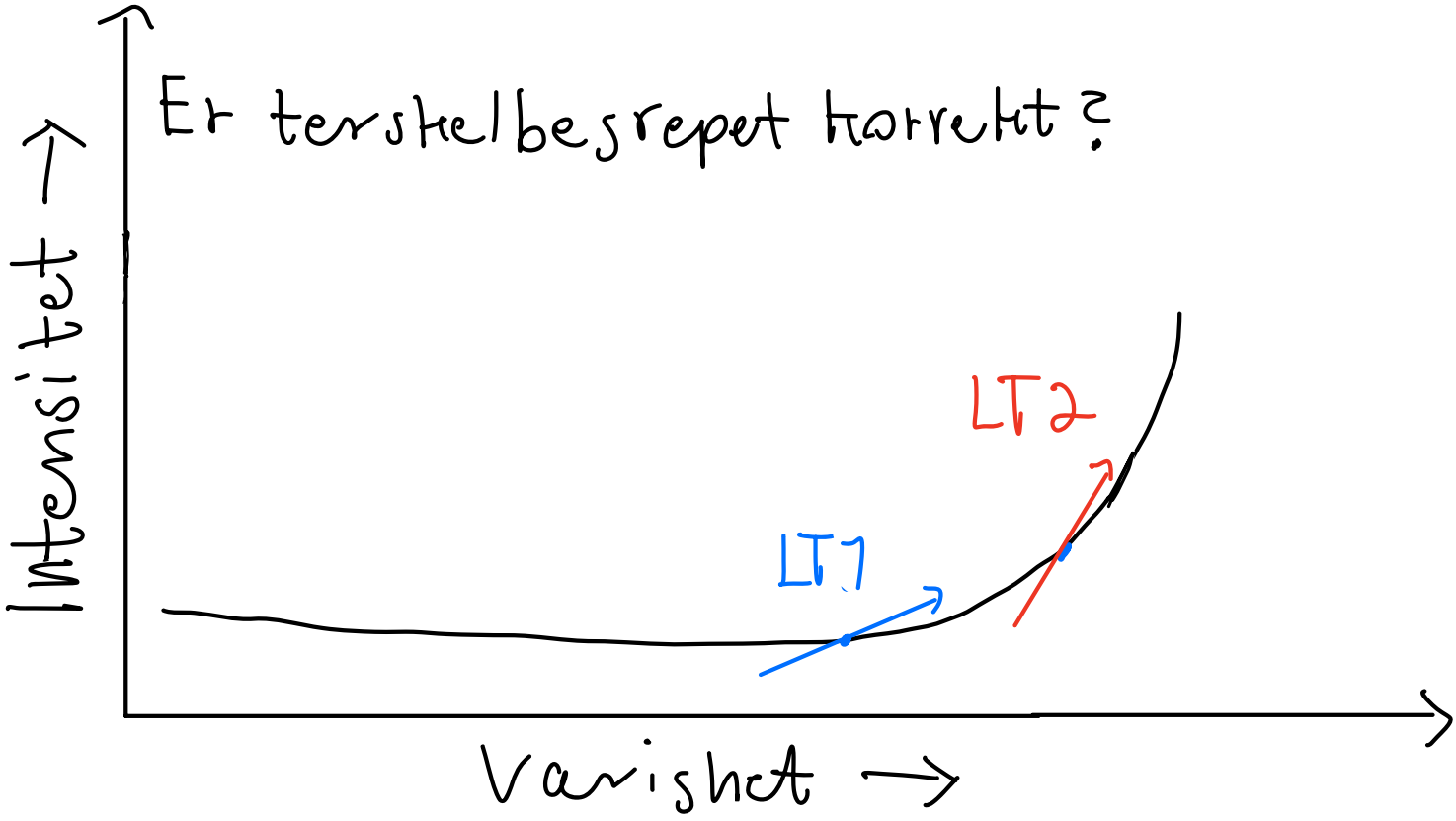
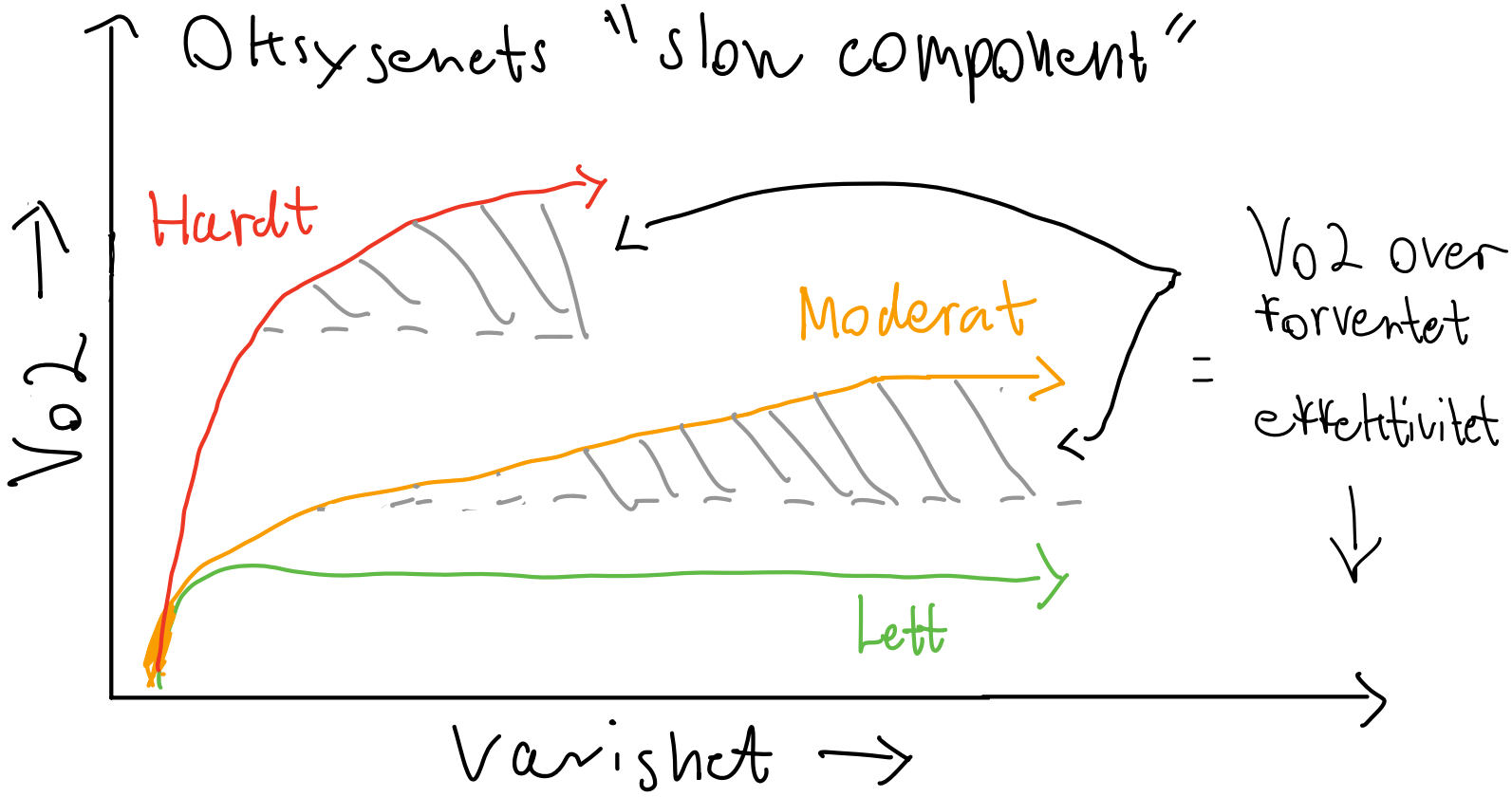
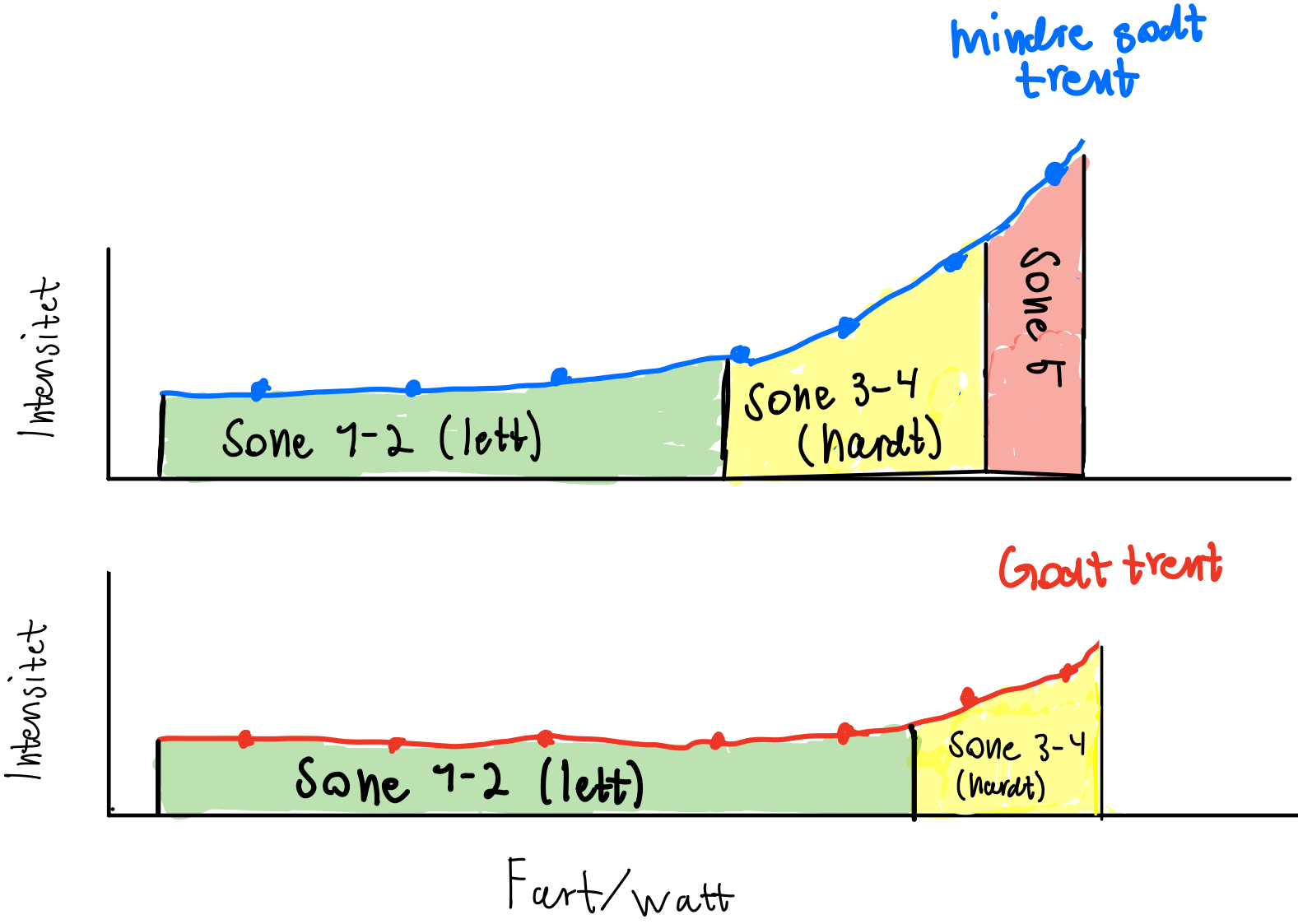

Gradvis økende trening estimerer konstant arbeid
Laktat (BLa)
Hard
Moderat
Lett
Intensitet
Varighet


Er terskelbegrepet korrekt?
LT2
LT1
Intensitet
Varighet


Oksysenets "slow component"
Hardt
Moderat
Lett
VO2
Varighet
VO2 over forventet effektivitet


Mindre godt trent
Intensitet
Sone 1-2 (lett)
Sone 3-4 (hardt)
Sone 5
Godt trent
Intensitet
Sone 1-2 (lett)
Sone 3-4 (hardt)
Fart/watt