Article:

Main Question/research Question:

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| **Question**(List questions you want answered) | **Evidence**(List evidence that relates to question) | **Conclusion** (summarize the evidence and explain the answer to the question) |
| How does endurance training increase maximal oxygen uptake (VO2max)?VO2max = max amount of oxygen body can use during exercise | 1. Elite endurance athletes have high cardiac output which increases VO2max
	* Higher cardiac output = more blood & more oxygen delivered to muscles
2. Exercising muscle able to extract more O2 due to increase in # of capillaries
 | Endurance training causes adaptations in the cardiovascular system via increasing cardiac output (delivery of O2) and increasing skeletal muscle’s capability to extract O2 from the blood |
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