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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