

Table 2. Expected physiological/performance adaptations resulting from training at levels 1-7.

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
Increased plasma volume		✓	✓✓	✓✓✓	✓✓✓✓	✓	
Increased muscle mitochondrial enzymes		✓✓	✓✓✓	✓✓✓✓	✓✓	✓	
Increased lactate threshold		✓✓	✓✓✓	✓✓✓✓	✓✓	✓	
Increased muscle glycogen storage		✓✓	✓✓✓✓	✓✓✓	✓✓	✓	
Hypertrophy of slow twitch muscle fibers		✓	✓✓	✓✓	✓✓✓	✓	
Increased muscle capillarization		✓	✓✓	✓✓	✓✓✓	✓	
Interconversion of fast twitch muscle fibers (type IIb -> type IIa)		✓✓	✓✓✓	✓✓✓	✓✓	✓	
Increased stroke volume/maximal cardiac output		✓	✓✓	✓✓✓	✓✓✓✓	✓	
Increased VO ₂ max		✓	✓✓	✓✓✓	✓✓✓✓	✓	
Increased muscle high energy phosphate (ATP/PCr) stores						✓	✓✓
Increased anaerobic capacity (“lactate tolerance”)					✓	✓✓✓	✓
Hypertrophy of fast twitch fibers						✓	✓✓
Increased neuromuscular power						✓	✓✓✓