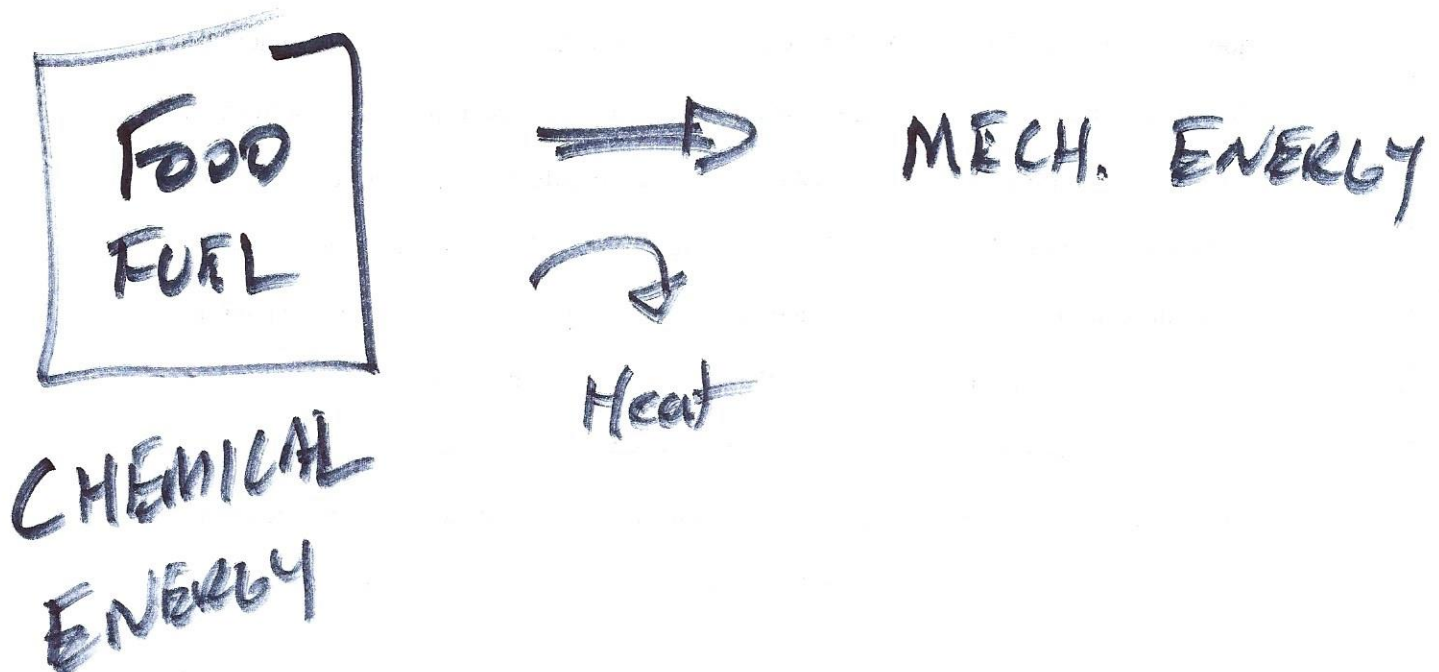


Energetics of locomotion

Running

PART 3

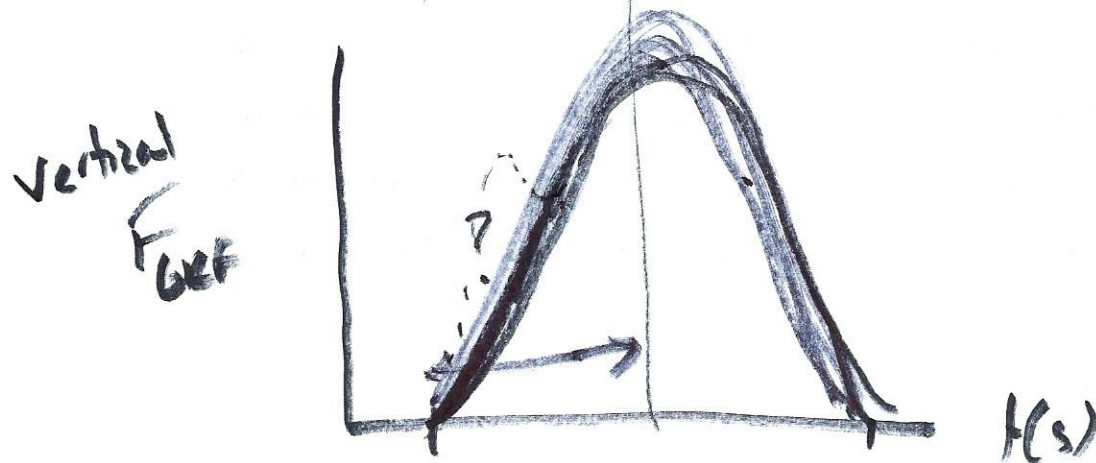
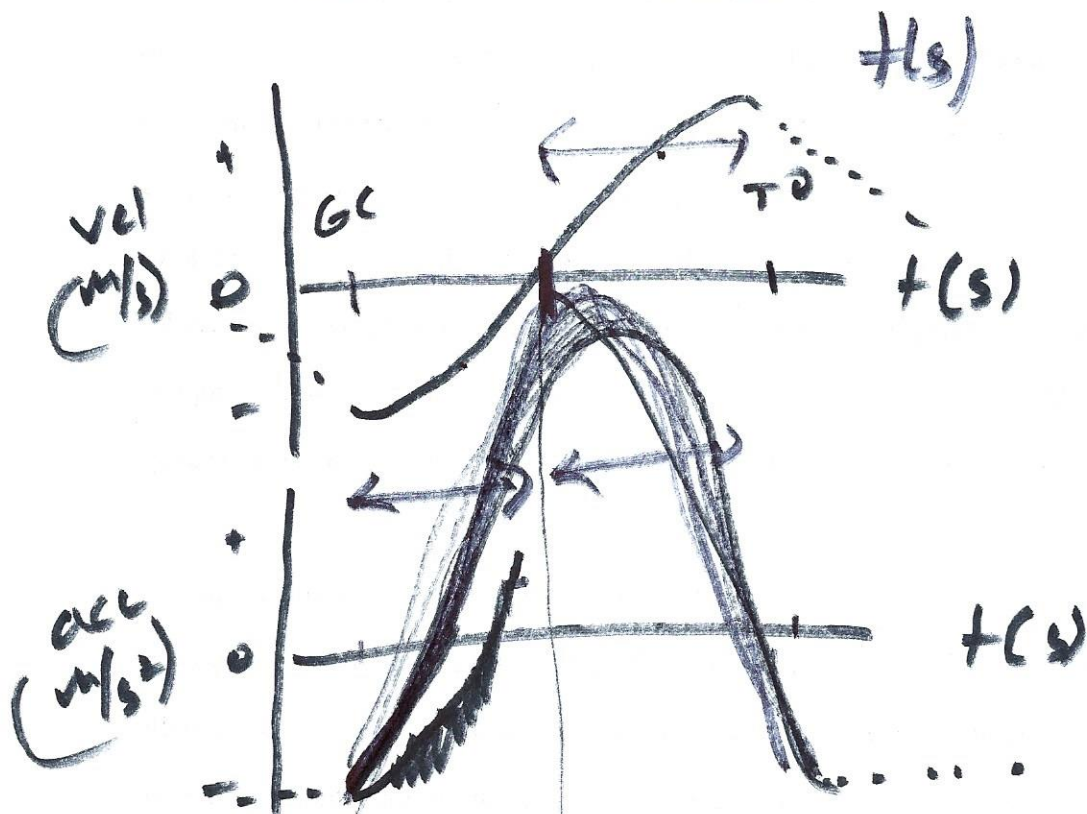
Aerobic	Work	}	LOWER
Aerobic	Power		
Anaerobic	Work	}	FASTER
Anaerobic	Power		



2

$$P = V \cdot A$$

com Running



3

$$\text{Power} = \frac{W}{t} = \frac{Fd}{t}$$

$$= Fv$$

