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Physiological and anthropometrical comparisons between the triathlete and the runner, cyclist and swimmer

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LIST OF ABBREVIATIONS

O_2 – Oxygen

VO_2 – Oxygen Consumption

VO_{2max} – Maximal oxygen consumption / maximal oxygen uptake

% VO_{2max}. – Percentage of maximal oxygen consumption. (Fractional utilisation of maximal oxygen uptake)

RE – Running Economy

% - Percentage

ITU – International Triathlon Union

IOC –International Olympic Committee

min – minute/s

s – second/s

ml – millilitres

cm - centimetres

m - metres

km – kilometre

kg – kilogram

$km.h^{-1}$ – kilometres per hour

$l.min^{-1}$ – litres per minute

$ml.min.kg^{-1}$ – millilitres per minute per kilogram body mass

$m.min^{-1}$ – metres per minute

$m.s^{-1}$ – metres per second

Nm – Newton metres

$Nm.kg^{-1}$ – Newton metres per kilogram body mass

J – Joules

$J.kg^{-1}$ – Joules per kilogram

rpm – Revolutions per minute

ST – Slow twitch

FT – Fast twitch

Ext – Extension

Flex – Flexion

°/s – degrees per second (angular velocity)

SD – Standard Deviation

BW – Body Weight

BM – Body Mass

LBM – Lean Body Mass

FFM – Fat Free Mass

n – Number of subjects (volunteers)

* - denotes a significant difference ($P< 0,05$)

P – Probability

ft – Feet

in – Inches