lactate oxidation and/or gluconeogenesis from lactate to a greater extent than the musculature involved during Cy exercise. All of these factors could directly affect the rate of lactate clearance from muscle tissue and blood.

In conclusion, the steady state VO$_2$ at OBLA was significantly higher during Tr than during Cy exercise. This difference was greater than could be accounted for by the difference between exercise modes in peak VO$_2$. Consequently, OBLA occurred at a higher % peak VO$_2$ during Tr running than during Cy exercise. There are indications that this difference may be due, at least partially, to differences in the metabolic profile of the exercising musculature, as reflected by the ratio of key oxidative to glycolytic enzyme activities, in addition to the established differences in certain cardiovascular variables associated with Tr and Cy exercise.

References


