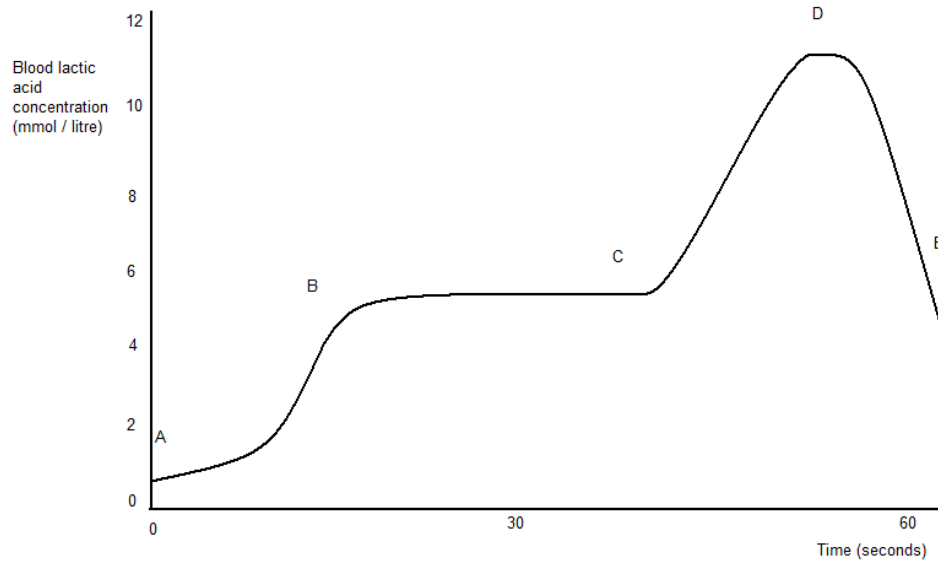


Respiration in athletics

The blood of an athlete was tested before, during and after a 400m race:



Complete the following table about each section of the race:

1. Provide evidence from the graph by describing the change in lactic acid concentration.
2. Explain what is causing the change in lactic acid concentration.

Section of race	Strategy	Evidence	Explanation
A to B	Sprint start		
B to C	Stops accelerating and maintains pace		
C to D	Sprint finish		
D to E (after the race has finished)	Warm down and rest		