Blood Glucose As a Primary Energy In Volleyball Match After Using Rally Point System

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Volleyball Match

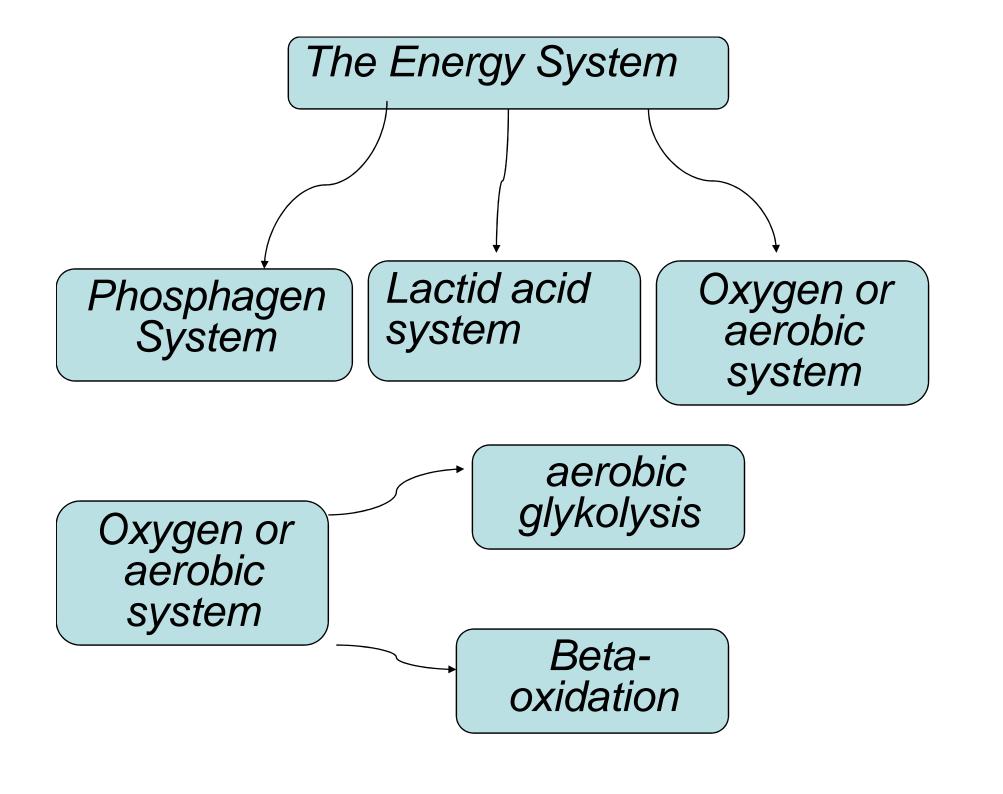
Three hours

Rally point score

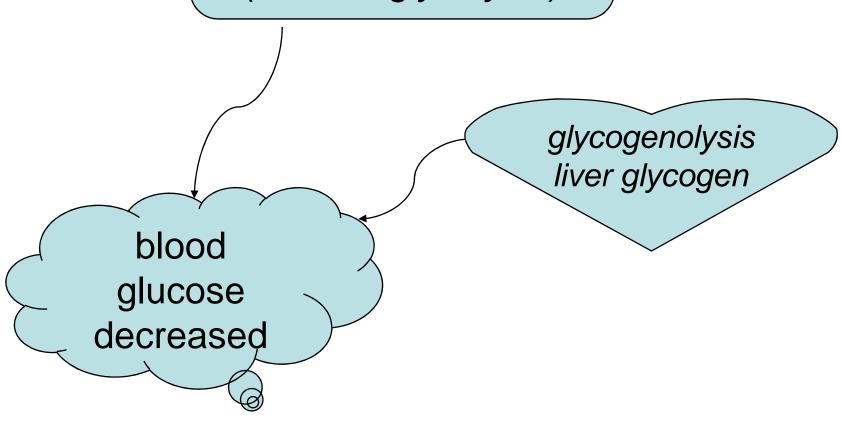
Two hours

Energy System

Two hours exercise three times a day



Two hours exercise use blood glucose (aerobic glykolysis)



ATP production Glocose + O2 > Lipid + O2

Two hours exercise (aerobic glykolysis)

increased the reserves of liver glycogen

Incresed enzymes of glycolysis aerobic

Intensity under an all an all