**Research and Review**

1. Define VO2 max
2. Outline the role it plays in sports performance
3. Suggest a suitable training program for a triathlete combining the necessary elements required for improved performance
4. Compare and contrast each of the types of aerobic training
5. Research a sub-maximal aerobic test and explain how it is performed and how the results from this can be used to estimate an athlete’s VO2 max.