Important concepts to walk away with:

- Running economy
- $\text{VO}_{2\text{max}}$
- Lactate threshold (anaerobic threshold, OBLA, ventilator threshold)
- Fick equation
- Thermoregulation
- Hydration strategies
- Fueling for endurance events

Building blocks that you may need to independently learn:

- Muscle contraction mechanism
  - Sliding filament theory
- Muscle structure
  - Fiber type
  - Sarcomere
- Energy pathways
  - Aerobic
  - Anaerobic

Questions that you should be able to answer to the layman and scientist:

- Why do I measure HR during exercise?
- How much should I drink?
- What should I eat and how much should I eat during an endurance event?
- What shoes should I buy?
- What intensity should I train at?