**MAINTAINING CONDITIONING**

***How long does it take to start losing it ?***

|  |  |
| --- | --- |
| **ADAPTIVE QUALITY** | **DETRAINING** |
| **Aerobic System** | **25-35 days** |
| **Anaerobic System** | **13-23 days** |
| **Maximal Strength** | **25-35 days** |
| **Strength Endurance** | **10-20 days** |
| **Maximal Speed** | **5-8 days** |

*KH*