



ENHANCING SPORTS PERFORMANCE THROUGH METABOLIC TESTING

Looking to take your sport performance to the next level? Maybe you're training for a 5K or you've got your eye on that sprint triathlon. Or perhaps your sights are set on something bigger, like an Ironman. No matter what the endurance event, PRO Sports Club offers tests that will help you in your quest to run, swim, or cycle longer and faster.

VO2 MAX TESTING

The maximum amount of oxygen that our bodies use to produce energy is known as VO2 max. In general, the higher your VO2 max, the better your endurance performance will be. Elite endurance athletes, such as Lance Armstrong, have very high VO2 maxes. Through training, you can improve your VO2 max by up to 20 percent.

At PRO Sports Club, you can have your VO2 max tested. The test involves an incremental exercise test to exhaustion, while you are hooked up to equipment that measures how much oxygen your body is using for energy. This test can also give you a rough estimate of where your anaerobic threshold is, which is the point where your body starts to rely very heavily on sugar stored in your muscles for fuel. Knowing your anaerobic threshold is important because the higher your anaerobic threshold is, the faster and longer you can go without using up the fuel reserves stored in your muscle. Based on your anaerobic threshold, target heart rate training zones can be established.

LACTATE THRESHOLD TESTING

The VO2 max test can only give you an estimate of where your anaerobic threshold is. If you want to know your true anaerobic threshold, also known as the lactate threshold, you need to have a lactate threshold test. As your body burns more sugar for fuel, it produces a substance called lactate, which appears in the blood. There comes a point where you start producing so much lactate that the amount in your blood increases exponentially. This is the lactate threshold.

Our PRO Performance Lab offers lactate threshold testing. The test involves incremental exercise, with 4-minute stages, where each stage gets progressively more difficult. At the end of each stage, a small blood sample (such as a finger prick) is taken and your blood lactate levels are measured. Your blood lactate levels are then graphed out so that the lactate threshold can be identified. Knowing your lactate threshold is important in determining appropriate training intensities since the only way to improve your lactate threshold is to train at or above that level. Also, knowing your lactate threshold can help you determine an appropriate pace for a very long race such as a marathon. Based on your lactate threshold, target heart rate training zones can be established.

Our Performance Lab offers VO2 max testing (\$200) and lactate threshold testing (\$85). Tests can be purchased together at a cost of \$275. Call (425) 861-6258 for more details.