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VO₂max & Lactate Threshold Performance Testing Clinic & Lecture



Lecture: 5-6pm, Friday, May 1, 2009.
Performance Testing: Friday & Saturday, May 1 & 2.

Determine Your Exact Training Zones

- Establish exact training zones for maximum performance and weight loss.
- Detailed heart rate & power based zones based on your sport.
- Determine your Lactate & Anaerobic (LT & AT) Thresholds.
- Determine endurance sports genetic potential based on VO₂max.
- Identify possible weaknesses in metabolic energy systems.
- Determine fitness level.

How Are VO₂max & Lactate Threshold Tests Performed?

Both VO₂max & LT tests can be performed on either a treadmill or your bicycle that is attached to a CompuTrainer stand. The athlete wears a mask with sensors attached to a metabolic analyzer so that respiratory gases can be measured (O₂ uptake, CO₂ production, and total volume).

Where:

Personal Strength & Training. 3 Cherry Hill Road. New Paltz. 845-876-1191.

When:

Testing times: Friday, May 1, 2009 from 2-5 pm. Saturday, May 2, 2009 from 9-3 pm.
Lecture: Friday May 1. 5-6 pm. Cost \$20 to public. Free to registrants.

Registration

Limited to 12 athletes. Times need to be reserved in advance. To reserve your spot: contact Dorothy@TriSportsTraining.com (845-876-1191) or Doug Bush at Doug@EnduranceFactor.com (716/499-2300).

VO₂Max & LT Testing Cost:

Single run or bike testing = \$125. Both run & bike testing = \$225.