



# PEAK CENTRE

FOR HUMAN PERFORMANCE

1.877.299.7325

WWW.PEAKCENTREVANCOUVER.CA

## ELIMINATE THE GUESSWORK FROM YOUR TRAINING!

### LACTATE, VO<sub>2</sub>MAX AND ENERGY USAGE ANALYSIS FOR CYCLING OR RUNNING

#### **Accurate Lactate Analysis**

The athlete will undergo a graded exercise test where the intensity is gradually increased until failure. Lactate measurements will be taken at regular intervals and analyzed on a medical grade lactate analyzer to create a profile of how the athlete's body responds to that particular exercise.

#### **Development of Individual Training Zones**

Our Exercise Physiologists will analyze the athlete's physiological profile and precisely identify the intensities (in km/hr, pace/km and Heart Rate for the run assessment and in Watts and Heart Rate for the bike assessment) corresponding to the 5 key training zones that are critical for the athlete to improve their event-specific fitness.

#### **VO<sub>2</sub> Measurement (for economy of event-specific movement and VO<sub>2</sub>Max)**

VO<sub>2</sub> will be measured during each exercise intensity using a state-of-the-art metabolic analyzer. Results will be used to provide information regarding economy of movement and VO<sub>2</sub>Max.

#### **Energy Usage Analysis: for race day nutrition planning**

We can measure the number of calories an athlete is using per minute of exercise at various intensities as well as the percentage of those calories that are coming from stored fats and the percentage coming from carbohydrates. This information can be used to form a race day nutrition plan to ensure enough carbs are consumed to maintain the desired intensity.

#### **Consultation**

One of our trained Exercise Physiologists will go over the results of the assessment and how they can be applied to meet the athlete's goals.



USE THE PEAK TRAINING SYSTEM  
TO ACHIEVE PEAK PERFORMANCE!