

Fit Werx 2012 New England Triathlon Symposium

Physiological-Testing Guide



Reduced-cost physiological testing for Symposium participants!

Learn:
Your VO₂ Max
Your Anaerobic Threshold
Personalized Intensity Zones
Your Complete Metabolic Profile

2012 New England Triathlon Symposium participants will have the special opportunity to have physiological testing done at a **reduced fee** the day before the symposium. Tests will be conducted by Jeff Godin, PhD, Director of Human Performance at Blackstone Valley Human Performance and Associate Professor and Chair of the Department of Exercise and Sport Science at Fitchburg State College.

Who: All Symposium participants

What: A state-of-the art physiological test

Why: You'll get the most complete fitness test available to triathletes

When: From 4:00 p.m. to 9:00 p.m. on Friday, January 13, 2012

Where: Fitchburg State College Exercise Physiology Lab

Fee: \$100

To book an appointment, contact Jason Gootman.

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What will I learn from a physiological test?

- VO^2 maximum (VO^2 max)
- Anaerobic threshold
- Personalized intensity zones to use in your workouts and races
- Complete metabolic profile

What is VO^2 max?

VO^2 max is the maximum capacity of your body to utilize oxygen. It represents your lungs' ability to exchange oxygen and carbon dioxide with the environment, your heart's ability to distribute oxygen to exercising muscles, and your muscles' ability to utilize oxygen efficiently in order to sustain movement. Your score represents your cardiorespiratory fitness—the higher, the better. You can compare your VO^2 max to normative data for the population as a whole and to athletes of similar age and gender.

What is anaerobic threshold?

Your anaerobic threshold is the exercise intensity at which you experience a significant increase in anaerobic metabolism, reflected by an increase in blood-lactate concentration. At and above this intensity, you burn relatively more carbohydrate and relatively less fat for fuel. It is harder to sustain exercise at and above this intensity than it is below this intensity. Knowing your anaerobic threshold is critical in determining ideal intensity zones for workouts and races.

How does the test work?

While you are running on a treadmill or riding on a cycling ergometer (your choice) at progressive intensities (you will go harder and harder until you reach your maximum capacity), the volume of air that you are breathing, as well as the percentage of carbon dioxide and oxygen in your exhaled air is measured to determine your VO^2 max, anaerobic threshold, and complete metabolic profile.

So I know my VO^2 max and anaerobic threshold—what's next?

You can use your test data to set goals. You can improve both your VO^2 max and anaerobic threshold with the proper training. Future testing can measure your progress. We will also use your anaerobic threshold to calculate personalized intensity zones for you, that when used as part of a complete training plan, will optimize the results that you get from your training.

How does my exercise metabolism factor in here?

Excellent racing depends on efficient fuel burning. How would you know if you were using too much carbohydrate? Would it be helpful to know what fuels you were using at different intensities? You will learn all of this from your complete metabolic profile. You will learn exactly what intensity you need to be at to maximize fat utilization (and spare your limited stores of carbohydrate). You will also learn your caloric expenditure at different exercise intensities.

BOOK AN APPOINTMENT:

Contact Jason Gootman at 508.655.0719 or jason@tri-hard.com.