

PRE-TEST INFORMATION

Endurance Threshold Profile

This assessment combines VO2max and blood lactate measurements to help interpret your aerobic fitness and training zones. Please read both pages and prepare so you can give your best effort on the day.

Training

Keep the preceding 2 days relatively easy

Food

Light carbohydrate-rich meal at least 2 hours before

Test day

No training before the assessment

01 Exercise and activity

- Plan the assessment into your training schedule. Keep training **relatively easy and repeatable for the 2 days before testing**.
- Avoid very long-distance sessions and intense interval training during those 2 days.
- **Do not train before your assessment on the test day.** If you need a session that day, schedule it for afterwards.

02 Food, water and caffeine

- Eat your **normal diet** in the preceding days. Do not carbohydrate-load or make unusual changes to your fat intake.
- Have a **light meal high in carbohydrate no less than 2 hours before your appointment**. After that, consume **water only**.
- Arrive **well hydrated**. Avoid caffeinated drinks, including tea, coffee and caffeinated soft drinks.

03 Keep a preparation record

Record your training, food and drink in the **48 hours before testing**. Include nutritional supplements such as carbohydrate drinks, creatine and vitamins. Keep a copy so you can repeat the same preparation for a future assessment.

Questions before your appointment?

Email matteomagagnin89@gmail.com. Contact me in advance about health conditions, medication, dietary restrictions or anything that may affect your preparation.

ON THE DAY

Your visit to the laboratory

04 Travel and recent illness

- Avoid major travel across time zones in the **10 days before testing**. Jet lag and travel fatigue can affect your results.
- After a flight lasting more than 2 hours, without crossing more than 2 time zones, leave **at least 1 week** before testing.
- If you crossed more than 2 time zones or feel jet-lagged, allow **at least 10-14 days** after your return. Leave plenty of time for your journey to the laboratory.
- If illness has kept you off training for **more than 7 days**, contact me to discuss when testing is appropriate.
- Contact me if you have a cold, sore throat or another upper respiratory infection, or have had one in the last few weeks. Take time off training until symptoms have gone and, ideally, a further week after recovery before training again.
- For VO2max and lactate testing, allow **at least 2 weeks of normal training after a lay-off** before testing. Discuss your recovery and appointment timing with me.

05 What to bring

- Comfortable training clothing and appropriate running or cycling footwear. Bring a change of clothing, a towel and a water bottle.
- Showers can be arranged. Bring a wash-bag if you would like to use them.
- Cycling tests use a WattBike. The bike has Wellgo 148 dual-sided pedals for **SPD and Look Keo**, plus toe cages. You can also use regular training shoes.
- If you prefer your own pedals, tell me in advance and bring any specialist tools needed to fit them.
- Bring some food and drinks for the break between the lactate test and the VO2max test. I will let you know when to eat and drink during the appointment.

06 What to expect

You will exercise while wearing a gas-analysis mask. Blood lactate is measured using small samples from a fingertip or earlobe during the lactate test stages. There will be a break between the lactate test and the VO2max test. Please share medication details and any concerns before your appointment.

Your appointment location

Your assessment takes place in a professional laboratory.

The exact location, availability and arrival instructions are confirmed personally before you book or pay.