

PRE-TEST INFORMATION

Aerobic Fitness Profile

This assessment measures your maximal oxygen uptake during a progressive exercise test. 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.

06 What to expect

You will exercise while wearing a gas-analysis mask so your expired air can be measured. This is an exercise assessment, so arrive prepared for a hard effort. 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.