

Generate Your Next Level™

Lactate Testing: Preparing for Your Test

At JDS Sportcoaching, LLC a qualified coach will interpret your Lactate Test results with you so that you can effectively relate the information to your current training plan and performance goals.

As part of your 90-minute testing session, you'll receive:

- Personalized heart rate zones for running and cycling
- Specific wattage training zones for cycling
- Interval splits for running
- Answers to your specific lactate training questions

Preparation

To get the most accurate results from your test, follow these guidelines:

- Avoid any hard training 48 hours before your scheduled test. If you've recently participated in a race, allow at least 72 hours since your race effort.
- 24 hours prior to your scheduled test, take an easy 30-minute run or 60-minute bike ride.
- Do not eat 1.5 hours prior to the test.
- Items to bring:
 - Cycling Test: Bike, riding shoes, short, jersey or t-shirt, and heart rate monitor
 - Running Test: Running shoes, shorts and t-shirt.
 - Water bottle
 - Post-test snack

Process

After a brief warm-up on the trainer or treadmill, you will work in three-minute intervals. The coach will record your heart rate and take periodic lactate measurements using small pin pricks and a special recording device. The actual exercise takes about 45 minutes. Once you have completed your test, the coach will download the results for analysis and reporting. It takes about 10 minutes to process your results before reviewing them together with you.

Payment

Payment is due prior to beginning the lactate test. Bring cash or a check with you at the time of your test, or, if you'd like to use a credit card, you may do so through PayPal® prior to the test. Use the e-mail account: payments@jdssportcoaching.com.