



What It Is: Performance Testing is the next step in the evolution of the modern athlete. The Pro's do it regularly, so why not you? Performance testing involves putting the athlete through a structured testing protocol designed to measure and calibrate everything from your Resting Metabolic Rate, your VO₂max (measure of oxygen uptake capacity), or your Lactate Threshold (point at which lactic acid accumulation overwhelms the system). We can test any and/or all of these for you:

Non-Invasive Lactate Threshold Test - \$75

This baseline measure helps determine both your approximate Lactate Threshold Heart Rate (LTHR) and the appropriate Heart Rate Zones you should use to effectively train your aerobic and non-robic systems. Test is conducted on a Compu-trainer which allows us to control the introduction of resistance (watts), rather than straight speed overload. Each stage is two minutes. This will give you a good estimation of your Steady State Watts @ Threshold and, over time, is a good way to judge progress. Great for determining Heart Rate Zones for effective training.

Maximal Aerobic Power (MAP) Test - \$75

5-9 Minutes of blissful pain! That's the best way to describe this test which is used to determine your work capacity at maximal effort. MAP workouts are very high intensity, and are often the determining factor in performance. This test will establish your MAP and provide you with a list of workouts to develop your Aerobic Power. Think of it as the simple VO₂max test without all the tubes and numbers

Invasive Lactate Threshold Test - \$150

Similar to the Non – Invasive, except this time we *draw blood* and do a true determination of your Lactate Threshold. Technically LT is the point at which your body accumulates Lactic Acid above baseline, or no longer removes the Lactic Acid as fast as it is produced by the working muscle (OBLA). It is thought that this contributes to overload and limits exercise duration above this point. So it's really the point at which your muscles burn, your breathing is labored, and you can't go on much longer before you have to stop! You'll also get your Watts at Threshold from this test.

VO₂max Test - \$175

VO₂max is the maximal rate of oxygen uptake and utilization by the body. Usually measured in both Liters per minute (L/min) and milliliters per kilogram per minute (ml/kg/min). It is generally considered the best determinant of aerobic capacity and performance. A high VO₂max equates to better performance in endurance events like Running, XC Skiing, and Cycling! This test must be schedule at least two weeks ahead of time.

Power Profile - \$100 This test will give you an overall power profile for cycling. What type of rider are you? High Anaerobic power, Excellent long duration capacity, fabulous five minute power? This test is done with your own bike over the course of two testing days (separated by two rest days) with one of our Power Tap SL's attached to your bike. We then analyze the results to determine your optimal training intensities. Like the system? That's cool, you can buy it from us too!

**Custom Packages Are Available – Contact:
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