WESLEY
corporate health

Thank you for booking an appointment at the Peak Performance Lab. The Lab is located at Level 2, 46 Edward Street Brisbane City. Entry to the building is via Margaret Street.

When you arrive at the Lab you will need to be well rested and ready to give 100% effort. If you wish to exercise in the 48 hours prior to your testing, you should perform light aerobic exercise. Please don't consume any food or drink other than water for 90 minutes prior to your test.

If after reading this information you have any further questions; please call our Client Services Officer, Anne Decker on 3234 2600. If you wish to change the date or time of your appointment, please provide *at least 24 hours' notice*, otherwise a cancellation fee may apply.

VO2max Testing

Maximal oxygen uptake (VO2max) is the gold standard for measuring cardiovascular fitness. The higher your VO2max, the greater your potential for athletic performance in endurance sports. During your time at the Lab we will measure your VO2max and teach you how to maximise your athletic potential.

Running VO2max Test

If you have booked a running assessment you will need to bring the following items:

- Running shorts
- Ankle socks
- Racing flats and training shoes
- (Females) a sports bra *without* an underwire.

We provide showers, towels, shampoo and conditioner, change room facilities and lockers: please bring any additional toiletries that you require.

In order to calculate your running VO2max, we need to take two measures under test conditions: the amount of oxygen that you consume and the amount of carbon dioxide that you produce. To take these measures we will fit you with an airtight mask.

Following a brief warm up, we will ask you to run on a treadmill at a slow pace. We will then steadily increase your effort by increasing the speed of the treadmill at a constant grade of 2% every three minutes.

The VO2max is a maximal effort test, and as such, the last two workloads are generally very uncomfortable. However it is necessary that we test you at this level to obtain a true indication of your maximal capacity. You are in control of when you stop, however you will be encouraged to continue until such a time that you can no longer keep up with the speed of the treadmill.

To determine your training zones, we will calculate your heart rate, ECG and blood lactate levels at each three minute increment. Blood lactate requires a finger prick blood sample to be taken.

You will receive a verbal explanation of your results at the conclusion your test, and then a written summary within the next 24 hours.

Cycling VO2max Test

If you have booked a cycling assessment you will need to bring the following items:

- Cleated cycling shoes
- Cycling knicks
- (Females) a sports bra *without* an underwire
- Pedals if you use a system that is not LOOK compatible.

We provide showers, towels, shampoo and conditioner, change room facilities and lockers: please bring any additional toiletries that you require.

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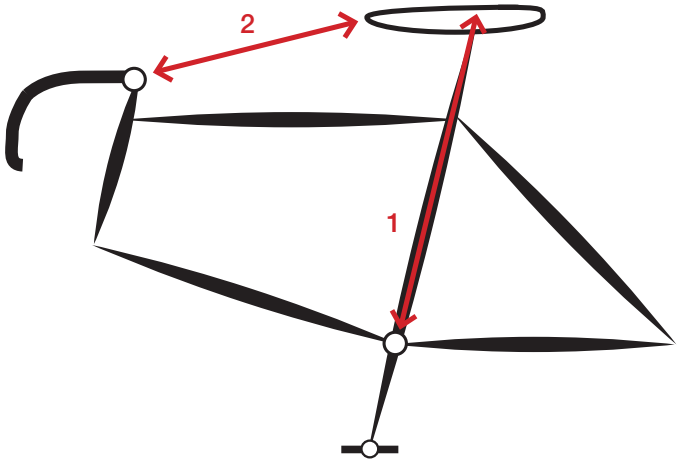
You will also need to measure two dimensions on your bike to the nearest millimetre, as indicated by the red arrows below:



1. From the *middle* of your crank set along the seat tube to the top of your saddle
2. From the edge of the nose of your saddle to the closest edge of the handle bar

If you ride in a time trial position, aero bars are available.

In order to calculate your cycling VO2max, we need to take two measures under test conditions: the amount of oxygen that you consume and the amount of carbon dioxide that you produce. To take these measures we will fit you with an airtight mask.

Following a brief warm up, we will ask you to cycle with a light load then steadily increase your effort. Specifically, we will ask you to increase your effort in increments of 25 watts every two minutes. The VO2max is a maximal effort test, and as such, the last two workloads are generally very uncomfortable but necessary to obtain a true indication of your maximal capacity.

Throughout the test you will be required to maintain a cadence of at least 85rpm. Please note that you are in control of when you stop, however you will be encouraged to continue until such a time that you can no longer maintain a cadence of at least 85rpm.

To determine your training zones, we will calculate your heart rate, ECG and blood lactate levels at each two minute increment. Blood lactate requires a finger prick blood sample to be taken.

You will receive a verbal explanation of your results at the conclusion your test, and then a written summary within the next 24 hours.