

Blood Lactate Profiling

Personal

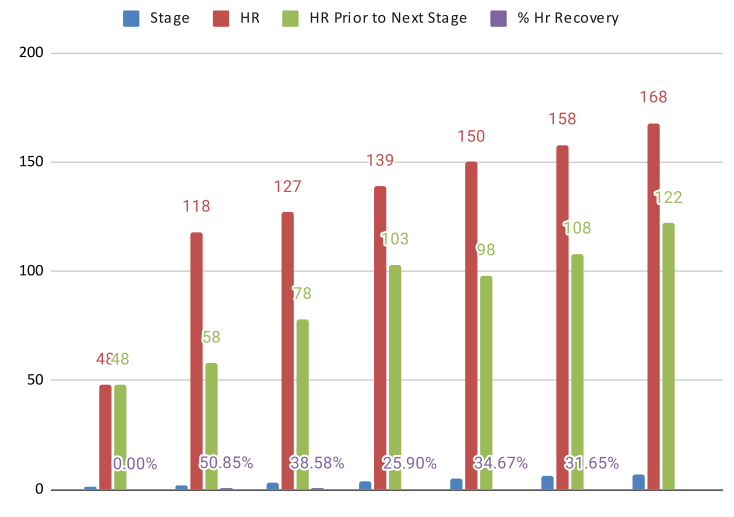
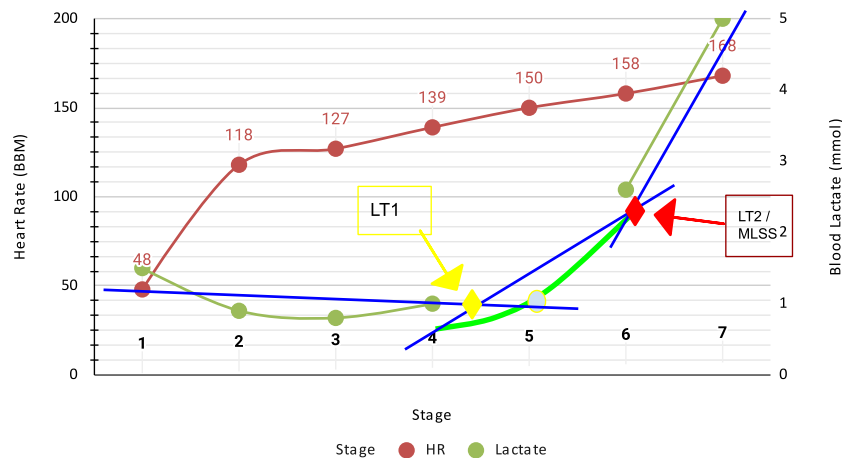
Name	D.O.B	Age	Height (cm)	Tested On (Date)	Main Sport/ Discipline	Tested Discipline
					Running	Treadmill

Conditioning

Lactate Profile

State	Stage	Watt / Speed	RPE	HR	Lactate	HR Prior to Next Stage	% Hr Recovery
Baseline	1	0	7	48	1.5	48	0
	2	12	8	118	0.9	58	50.85%
	3	13	9	127	0.8	78	38.58%
LT1	4	14	9	139	1	103	25.90%
LT2/ MLSS	5	15	11	150		98	34.67%
	6	16	12	158	2.6	108	31.65%
	7	17	13	168	5	122	27.38%

Lactate Profile / Curve (mmol)



Blood Lactate:

Lactate is a biomarker (response your body gives) to training intensity. Contrary to popular belief lactate is actually used for fuel by your body.

Lactate Threshold (LT1):

The 1st lactate turn point is the LT1. Indicating that you are not entirely relying on aerobic (Fat source) means to produce the energy required for exercise and therefore you now have a minor contribution of anaerobic glycolysis (Carbs source).

Maximum Lactate Steady State (MLSS / LT2):

The MLSS is a point at which our bodies cannot reduce / remove the lactate quick enough from the blood at a fast enough rate to offset the rate at which it is being produced.