

Our staff.

Our expert staff has advanced training and certification, as well as years of experience in injury prevention and performance enhancement program development. Furthermore, we are endurance athletes “field tested” in long distance events.

Athletes helping Athletes!



Contact us.

For additional information or to schedule an appointment for a lactate threshold test, please call our office at:

Portage Office: 269.329.0934
Kalamazoo Office: 269.375-4737

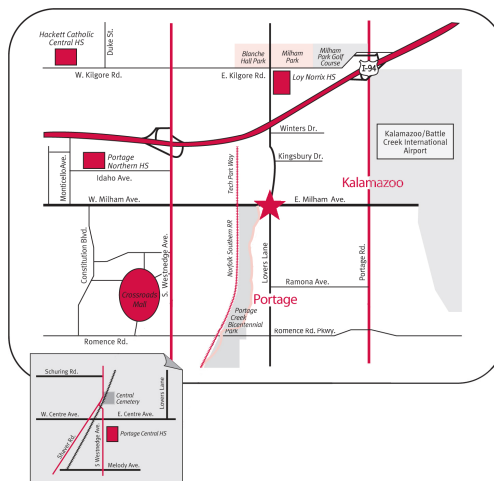
For more information about any of our physical therapy or sports performance services, you can visit our website at www.agilitysportsmedicine.com



Our locations.

We have two convenient locations now to serve the Southwest Michigan area.

PORTAGE: 6106 Lovers Lane, Suite 3 (49002)
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



KALAMAZOO: 5886 Venture Park (49009)
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



Lactate Threshold Testing for Endurance Athletes

Running & Cycling

“Putting the science into using heart rate monitors”



Agility An Agility Health® Partner
Physical Therapy & Sports Performance
Agility Physical Therapy & Sports Performance, LLC

Lactate Threshold Testing for Endurance Athletes

What is lactate threshold testing?

An advanced testing process to help determine an endurance athlete's *maximal lactate steady state* or lactate threshold. The lactate threshold is the single best indicator of endurance performance known. Through measuring the levels of lactate in the blood during an extended effort, we are able to correlate a threshold where the body is no longer



able to efficiently “clear” lactate, thus decreasing the capability of muscles for athletic performance. The results of this test will help guide endurance athletes to train smarter and more specific, thus improving optimal performance.

Who would benefit?

An endurance athlete from beginner to elite that is interested in improving performance and efficiency, along with putting the “science” into using a heart rate monitor. There are several accepted methods of trying to figure out target training levels, however some are unreliable depending on age or fitness level (Karvonen formula) of the athlete. Who would benefit?

- ✗ Distance runners
- ✗ Triathletes
- ✗ Road cyclists
- ✗ Mountain bikers
- ✗ Spin training



What information will I get?

- ✓ A clear picture of each individual's performance ability based on objective results
- ✓ Recommended target heart rate parameters for specific types of workouts
- ✓ Training guidelines to remove the “guessing game” out of heart rate monitor training

How much does it cost?

- Initial assessment- \$90.00
- Follow-up assessment- \$55.00 (within 12 mos.)
- Combination Lactate Threshold Test and Running Gait Evaluation - \$140.00

What do I bring?

For Running:

HEART RATE MONITOR, shirt and shorts for treadmill running, shoes and proper hydration.

For Cycling:

HEART RATE MONITOR, bike, shoes, apparel, and proper hydration (indoor trainer will be provided).

How do I prepare?

It is important to prepare for this evaluation as you would for a long work out or race. This includes proper rest and nutrition the day before and day of the test. If you are not properly prepared for this test, you may possibly negatively skew the results.

