

PSK 4U LACTIC ACID/VO₂/HR FIELD TEST

Purpose: To determine your lactate threshold, HR recovery and VO₂ capacity

Set Up: stationary bikes in the fitness centre.

Method: You will bike for 3 minutes as fast as you can then answer the questions below.

Pre-test questions:

What is your resting HR?

How long do you think you will ride before you start to slow down or feel uncomfortable? Select from the options below.

15 sec 30 sec 1 min 1 min 30 sec 2 min 30 sec 3 min

Why did you select this marker?

Post-test questions

1. Take your HR at the following intervals after the test.

Immediately after: _____

2 mins after: _____

5 mins after: _____

10 mins after: _____

15 mins after: _____

2. At what point did you feel yourself start to slow down or lose maximum output?

3. At what point did you feel a burning sensation in your legs (if at all)?

