



VO₂ Per4mance Metabolic Assessments

Whether you are a professional athlete or a "weekend warrior", you know that sound training will help you achieve superior "personal best" results. Many athletes have a tendency to train harder and faster too often. This frequently leads to over-training and injury. Using standard formulas does not provide the information required to maximize the endurance athlete's potential.



At Per4mance Training we combine our knowledge with proven scientific methods produced from the technology of the New Leaf Personal Assessment System while helping you:

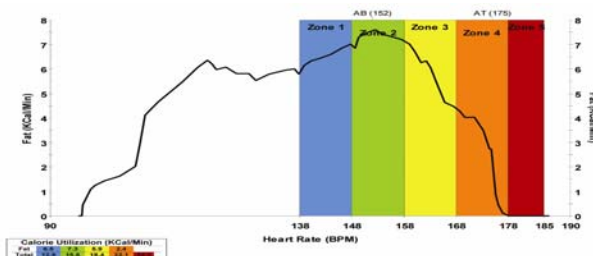
- Determine precisely how your body performs during exercise
- Prescribe accurate training zones to bring optimal performance
- Monitor how your body is adapting to training

Science Based Training

At Per4mance Training, we use the New Leaf Assessment System to develop individualized training programs. These programs apply to athletes at all levels competing in speed and endurance events such as Cycling, Running, and Triathlons.

Participating in a properly administered physiological test can determine your metabolic profile including your:

- Anaerobic Threshold and corresponding Heart Rates.
- Optimal heart rate training zones
- Maximum Oxygen Uptake (VO₂ max)



Heart rate training zones based on your measured Anaerobic Threshold

Testing

Your test can be tailored to fit your needs. For cyclists, we can also identify your power output; thereby providing power training zones that correspond with your heart rate training zones. You will have all the values needed to set your customized training goals. Follow-up testing in 3 to 6 months will show how you are progressing with your training.

If you are seeking specialized training or coaching, we can develop the correct training plan based on sound scientific principles and your individual physiology. Our staff will help you implement your program, monitor your performance and update your training plan to ensure your continuing progress. We offer a variety of programs and assessments that meet your performance training needs.

Endurance Testing & Evaluation

- Aerobic Capacity (max VO₂)
- Critical Power Measurements
- Resting Metabolic Rate
- Biomechanical Spin Scan & Analysis
- Biomechanical Bike Fit

Training/Coaching

Per4mance Training not only offers metabolic testing, we also provide training programs for endurance athletes. For cyclists, such training programs may include personal coaching or the implementation of a training package that utilizes our state-of-the-art CompuTrainer lab. All cyclists receiving a VO₂ test and chooses a training option, will receive a Threshold Assessment that integrates power training zones. Through our personal coaching packages we can accurately track your progress and modify your program to fine-tune your training based on your metabolic assessment.



Clients seeking fitness and weight loss program, have the option of working with our network trainers.

Call for testing and bundled program pricing.

SPECIAL TEAM PRICING AVAILABLE

WE WELCOME COACHES & TRAINERS

www.per4mancetraining.com



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