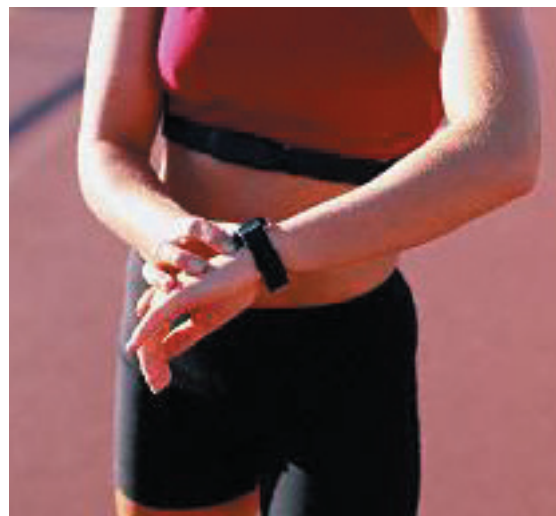
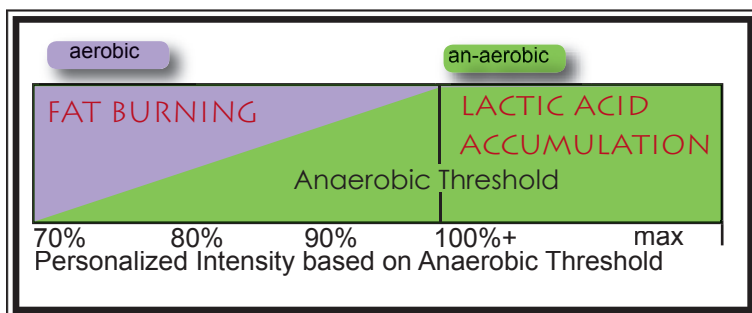


Aerobic Threshold: The Most Valuable Training Tool in your Bag

What is my anaerobic threshold?

Your anaerobic threshold is the point in exercise where you can no longer supply your body with adequate levels of oxygen. The result is you cut off your fat stores from being burned as fuel, you develop increasing amounts of lactic acid, and you increase the onset of fatigue.

The scenario:



Do I really need a test to tell me when I go anaerobic?

The answer is a definite YES. There is absolutely no way to be certain where your anaerobic threshold resides. You may say “as long as I can talk I must be aerobic”.

Wrong.

That can simply mean that your body is extremely effective at battling the onset of lactic acid accumulation.

If you've trained in that red zone a bunch, you will be nice and comfy there. The only way to know is to get yourself a VO2 test. It will allow you to make the most out of your training.

How can I find my Anaerobic Threshold?

There is really only one sure way to determine your anaerobic threshold: VO2 Testing. This is an exercise test where your oxygen capacity is measured and correlated with heart rate data. You are hooked up to a mask and you are asked to run or ride on a treadmill or stationary bike. The test reveals the point where you are no longer able to supply your body with enough O2 to continue aerobic exercise. This is your anaerobic threshold.



For more information about Anaerobic Threshold training, contact PEAK FITNESS at:

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