

Train Smarter, Not Harder.

Muscle fibres determine how you perform at your chosen event. Effective training targets the muscle fibres (or the zone) corresponding to your race distance. Training the wrong zone equals wasted training hours.

A Lactate Zone Check will determine your training zones. That way, you can focus your training on the zones that matter to you and eliminate the 'junk' training.

About Peak Centre:

The Peak Centre is Canada's largest private sport science centre with 20 years of experience and leading edge research working with every level of athlete.

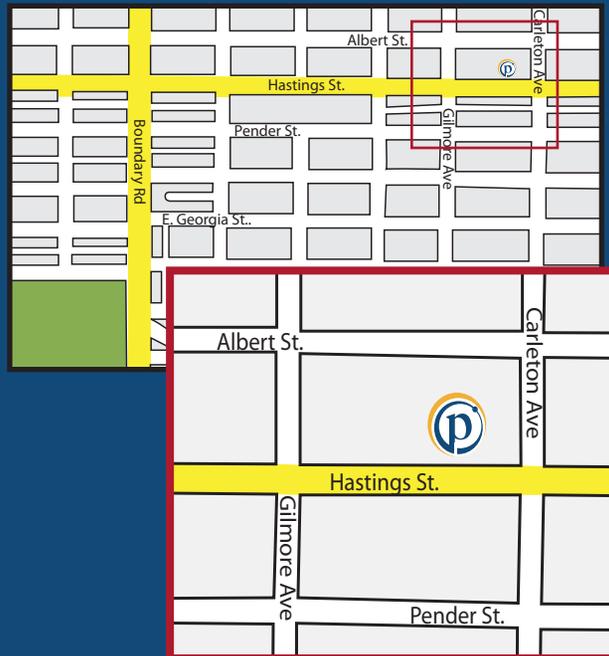
Our mission is to enable athletes to meet their goals by providing cutting edge physiological assessment and training support.

The Canadian Society for Exercise Physiology (CSEP) has accredited the Peak Centre as one of only five National Fitness Appraisal Centres in British Columbia.

TRAIN SMARTER. RACE FASTER.



Lactate Zone Check
Make every training session count.



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Push your body.

"...I'm sold on the Zone 1 stuff! Today, I ran virtually the same route as 8 weeks ago. The first time I ran it at a 5:11 pace with an average heart rate of 155. Today, a 5:09 pace, average heart rate of 144...I am running faster with much less effort!"

-M.Porter

"I ran the marathon for the first time... [at] 58 yrs old. I covered the distance in 3:01:02...this result is in no small way due to training according to the parameters set by you... I could not have reached this on my own."

-L. Disher

What is a Lactate Zone Check?

It's something you're already very familiar with: running. You simply run on a treadmill as we increase the speed at short time intervals. The test ends when you reach your top speed.

Training Wrong Zone = Wasted Training Hours

How are zones determined?

Everyone has five training zones. However, the zone boundaries are specific to the individual. They are defined as heart rate ranges and speed and pace ranges.

During the zone check, a drop of blood is sampled at many different running speeds. The lactate results reveal how you recruit different muscle fibres at each pace level.

Zone Definitions

Zone 5 - 1500m Pace	(2-5 mins)
Zone 4 - 5K Pace	(5-30 mins)
Zone 3 - 8-10K Pace	(20-60 mins)
Zone 2 - Half Marathon Pace	(1-2 hrs)
Zone 1 - Marathon Pace	(2+ hrs)

How will a Lactate Zone Check impact training?

Using inaccurate estimates leads to improper training.



Most individuals unknowingly train in Zone 2 with only small improvements in performance.

Plateau in Performance



Lactate Zone Checks identify correct training zones.



Training in your Zones 1, 3 and 5 lets you develop the right set of muscle fibres used on race day.

Training Correct Zones = Continual Improvement



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