

## Lactate Threshold Predicting Time Trial Performance

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Blood-based methods to determine lactate threshold show less bias and smaller variance than ventilation-based methods when predicting time-trial performance in cool environments. Of the blood-based methods, the inflection point between steady-state lactate and rising lactate (INFL) was the best method to predict time-trial performance.

Lactate threshold predicting time-trial performance ...

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Predictive validity of ventilatory and lactate thresholds for cycling time trial performance. Amann M (1), Subudhi AW, Foster C. PURPOSE: To determine which laboratory measurement best predicts 40 km cycling time-trial (TT) performance. METHODS: Fifteen male cyclists performed lactate-threshold (LT), ventilatory-threshold (VT), 5 km and 40 km TT. Key variables of interest were Watts at thresholds.

Predictive validity of ventilatory and lactate thresholds ...

Purpose: To determine which laboratory measurement best predicts 40 km cycling time-trial (TT) performance. Methods: Fifteen male cyclists performed lactate-threshold (LT), ventilatory-threshold (VT), 5 km and 40 km TT. Key variables of interest were Watts at thresholds. For VT determination we used: breakpoint of ventilatory equivalent of oxygen ( $VE/VO_2$ ); breakpoint of ventilatory equivalent ...

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Abstract and Figures To determine which laboratory measurement best predicts 40 km cycling time-trial (TT) performance. Fifteen male cyclists performed lactate-threshold (LT), ventilatory-threshold...

(PDF) Predictive validity of ventilatory and lactate ...

The lactate threshold is normally determine through laboratory based tests. However, a 30minute time trial appears to be a good method for the determination of the corresponding speed or power.

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Blood lactate-related thresholds were calculated using eight different representative concepts. Repeatability of each concept was assessed using Cronbach ' s alpha and intra-subject CV and predictive value with 45 minute time trial tests and a road race to the top of Mont Ventoux was evaluated using Pearson correlations.

Repeatability and predictive value of lactate threshold ...

To determine the relationship between maximum workload ( $W_{peak}$ ), the workload at the onset of blood lactate accumulation ( $W_{OBLA}$ ), the lactate threshold ( $W_{LTlog}$ ) and the D max lactate threshold, and the average power output obtained during a 90-min ( $W_{90-min}$ ) and a 20-min ( $W_{20-min}$ ) time trial (TT) in a group of well-trained cyclists.

Peak power output, the lactate threshold, and time trial ...

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3,200m time trial In a 1987 study a team led by University of Virginia researcher Arthur Weltman attempted to correlate 3,200m time-trial paces with lab-measured lactate-turnover paces. The formula...

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### Predictive validity of ventilatory and lactate thresholds ...

For cycling, running and swimming, you ' ll need to determine your lactate threshold by performing a 30-minute time trial (or one of these alternative tests). Once you have established your lactate threshold, you can input your target values (in terms of heart rate, power, or pace) into TrainingPeaks.

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### Lactate Threshold Predicting Time Trial Performance

of determining lactate threshold. Veteran runners (18 male and 18 female, aged  $47.3 \pm 6.7$  years) performed an incremental exercise test to establish mean treadmill velocity at lactate threshold using D max, a log-log method, a visual method, and a 4-mmol.L-1 method, and, on a separate occasion, completed a 5-km time trial. Mean treadmill ...

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