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### [VO2 Max Testing - December 2009](#)

by [Mike](#) on Jan.03, 2010, under [Training](#)

This was a lot of fun. My whole athletic life, I had heard of VO2 max testing, as the “de-facto” standard of measuring an endurance athlete’s standard / potential of performance. Hey, I grew up with Res Firma Mitescere Nescit! If you want to understand this, watch “American Flyers” – you can catch Kevin Costner in one of his early movies.



The reason this was exciting to me was that I had an opportunity to compare myself to the ultra-ultra elite athletes. Any athlete that is an endurance athlete has been subjected to a VO2 max test. It is even becoming a standard that sponsors are looking at. We will share a couple of results below:

Athlete

Event

VO2 Max

Bjorn Daehlie	Cross country skier	90.0
Miguel Indurain	Cyclist (winner of Tour de France)	88.0
John Ngugi	5 times world cross country champ	85.0
Dave Bedford	10km World Record holder	85.0
Steve Prefontaine	1 mile in 3:54.6	84.4
Lance Armstrong	Cyclist (winner of Tour de France)	84.0
Joan Benoit	Marathon runner (2:24:52)	78.6
Bill Rodgers	Marathon runner (2:09:27)	78.5
Sebastian Coe	Middle distance (1 mile WR)	77.0
Grete Waitz	Marathon runner (WR 1980)	73.0
Frank Shorter	Marathon runner	71.0
Derek Clayton	Marathon runner (WR 1969)	69.7

Livetrainrace.com had coordinated a test for me at the Monfort Human Performance Laboratories in Mesa State College, in Grand Junction, Colorado. My coach (Kristy) is currently studying human adaptation, and body language. As I walked in to the Lab, she said that my pupils immediatly dialated. This means either two things, I was in love with the people in the room, or I thought this was really cool. Have to admit, this is some really cool stuff, and just being inside the Human Performance Lab is really awe inspring.



Once we got all the leads connected we pedaled for about 5 to 10 minutes to get warmed up. I was kind of uncomfortable with the limited warm-up, but hey, we were going to get this done. During the warm-up, the staff let me know what to expect. Once we got underway, there would be a 2 minute warmup during the test. As minute 3 began, the load on the bike would be at 70

watts. At the end of minute 3, and for each minute thereafter, the load would be increased by 30 watts until I went through cardio debt, and pushed into cardio bankruptcy. Sounds fun.



As the test began, I was nervous. After the initial couple of minutes, you kind of forget all this is happening, and just let your natural rhythm take over. That all sounds peaceful, and it is, just doesn't last very long. Remember every minute, the load is increased by 30 watts. It didn't take long to get well into the pain cave. Once you feel the lactic acid build, you know it is only a matter of time before your muscles just say "no more".

15 minutes later, I was done! Yea, it ended that fast!



This test was incredibly revealing. The most revealing thing was that my Lactate Threshold or Ventilatory Threshold was no where near what my field calculations had determined. This was good news! I had something to work on, and could really make an impact!



[:mtb](#), [road cycling](#), [testing](#), [Training](#), [vo2](#)

#### 4 Comments for this entry



*Tom*

[January 4th, 2010 on 3:08 pm](#)

What was your number#?? This is something I really want to do when I get back in shape.



*Mike*

[January 4th, 2010 on 9:53 pm](#)

VO2 54 ... You should do it now, then you will have a baseline to start from. We learned a lot from this, and have totally changed our training program. We are happy to introduce you to the coach, and he can get you connected to the testing. We are doing it all through the Team Livetrainrace.com



*steve Laiche*

[January 9th, 2010 on 11:53 am](#)

I just did one this am with john wirath @ bicycle studio  
once I was warmed up the test began– interesting data & well worth the reasonable  
\$50.00 costs



*Clean velociste*  
[January 24th, 2010 on 10:15 am](#)

Its great that obtaining V02max figures is so much easier these days, before there was  
always a difficulty to work them out exactly

<http://picasaweb.google.com/suy8487/20091208VO2TestingMonfortHumanPerformanceLab#5420134027136663714>

[Kristy & Mike](#)>20091208 - VO2 Testing - Monfort Human Performance Lab

