



# ENDUROFIT

## Determining Your Lactate Threshold

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Whether you are a cyclist, runner, swimmer or all of three, determining your lactate threshold HR and/or power is important for your training and imperative in your setting up your training zones. The training zones we use at Endurofit have been developed by Exercise Physiologist, Andy Coggan, PhD and Elite Coaches Joe Frieland Hunter Allen. The tests we use are designed to attain your lactate threshold heart rate and/or power using a field test. They have been set up to be repeatable and relatively easy to implement. For all of the protocols you will need a heart rate monitor with an average function and a stopwatch, preferably with a beeper. If you have a power meter, it will be optimal to use it in conjunction with your heart monitor when testing on the bike.

### Cycling

As with all workouts, you will need to perform a light warm up of 20 minutes before giving an 85-90% (LT/VO<sub>2</sub> power or 7-9 on the RPE scale) effort for 5 minutes in order to prime the legs and activate the body's energy systems, followed by 10 min of AR (easy) paced spinning to begin the clearance process. Performing the test without this initial effort will produce less than favorable results.

It will be important to do this test on a flat or gently rolling loop or out and back that you can ideally come back to each month to retest. The loop or out and back will allow you to get any wind in all directions, thus keeping the test more accurate.

The test will be for 20 minutes and you should set the timer on your stopwatch for 20 minutes. If you do not have a power meter, you will need to start the average function on your HR monitor when you begin the time trial and immediately after you stop the test to get your average HR for the effort. **This will be your lactate threshold HR.**

Begin the test by ramping up to the highest speed, rhythm, power and cadence you can hold for the effort, taking 1 minute to get into a rhythm. **DO NOT SPRINT INTO THE EFFORT!** Give it your all and leave everything out there on the road. **Your average power for the 20-minute TT, minus 5% of this number will be your threshold power.** This number, whether for HR or power, will be the number your subsequent training zones will be based upon.

To determine your Training Zones, simply plug your LT HR or Power into the red # on the [TRAINING ZONES CALCULATOR](#) (make sure you turn your pop up blocker off to access the download) found on the [Endurofit](#) site. Simply refer to the ranges that correspond to the commensurate zones when doing the workouts in any of these plans.

If you have Cycling Peaks Software, simply put your LT or power # into the zones chart on the Athlete Home Page of Cycling Peaks Software. Select the Options drop down menu and select Calculate Zones for either HR and/or Power using Andy Coggan's zones or the method of your choosing.