

## OA/UNE Human Performance Lab

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### What is a Lactate Confirmation Test?

A graduated exercise lactate profile test gives a good estimation of your Lactate Threshold (LT). However, the exact point at which the equilibrium between the formation and elimination of blood lactate shifts to lactic acid accumulation is subject to rounding error. To really target in on your exact threshold and hence pinpoint training zones, a confirmatory test is used.

### The Test

Using your estimated Lactate Threshold (LT) from your profile test, three different power settings will be used. One slightly below the estimated threshold level, one at the threshold level, and the last slightly above threshold level.

Blood lactate readings are taken every five minutes. The LT is defined as the power at which the last two lactate values of a 15 minute interval are the same. If the last 15 minutes shows level lactate values, another 15 minute session is added at a higher power.

### An Example

In the chart below, the results of 3 cyclists are presented all with estimated thresholds of 330w. Cyclist A confirms an LT of 330w as at 360w lactate levels rise. Cyclist B will need another 15 minute session as even though their lactate level rose slightly it then leveled off. Cyclist C has an LT lower than the estimated 330w as their lactate levels rose over the 15 minute session at 330w.

