



LACTATE TEST INSTRUCTIONS

Please ensure that:

- You haven't been unwell, had any events (triathlons/racing/massive training sessions) or had any medical procedures in the past week, if so contact us to reschedule.
- You follow the pretest instructions;
 - You need to fast for the 2-3 hours prior to the test, plain water only. If your test is in the morning you must ensure that you have eaten a very light breakfast 2-3 hours prior.
 - You need to be rested for 48 hours prior to your test (very light activity only)
 - No alcohol in the 24 hours prior to your test
 - Bring your bike and your normal cycling attire for indoor riding
 - Wear a functioning heart rate monitor, please let us know if you do not have one
 - Have water bottles with plain water only, no carbohydrate or electrolyte
 - Please weigh yourself before coming so we can check if the correct body weight is in our system
 - We will provide a sweat towel and there are showers for your use afterwards, if required

Upon arrival please ensure you:

- Are well, not tired, if not please do not hesitate to let us know
- Pump up your tyres
- Have a working heart rate monitor, if not please let us know
- Only water in your water bottles
- Have the correct body weight in our system

Thank you!

Goodluck with your test!