



Pre-test instructions

Thank you for scheduling a sports performance evaluation with Silver Sage Sports Performance. We hope to provide the information you are looking for to reach your goals. If you have any questions or concerns regarding your testing, please call us at 853-9394 prior to your appointment.

As the testing procedure is extensive, if you need to reschedule, please do so within 48 hours, otherwise we will need to charge you for the time reservation.

How to prepare

- 1) For at least three days prior to testing, consume adequate calories and make sure you get enough carbohydrates at each meal/snack (This is no time for Atkins).
- 2) Hydrate well for 24 hours prior to the test
- 3) Do not eat a substantial meal in the 5 hours before the test
- 4) Abstain from alcohol for 24-48 hours before the test
- 5) Abstain from coffee, tea or other caffeine in the last hour before the test
- 6) Taper your training for 2 days prior to the test. Recovery work outs with some short 15-30 accelerations are great.
- 7) Make sure you get enough sleep prior to the test
- 8) If you are feeling ill or feverish, let us know and we will reschedule your test.
- 9) Wear what you would wear to a race. A loose fitting shirt that allows for us to adjust the heart rate monitor strap is helpful.

What to expect

- 1) You will be asked to read and sign an informed consent that explains the purpose, benefits, and risks associated with the test. You will be given an opportunity to ask any questions
- 2) If this is your first test, you will be asked to complete a brief health history survey to determine if it is acceptably safe for you to be tested. We will also perform a brief physical, check your pulse and blood pressure and check an ECG on your heart.
- 3) During the test, you will be wearing a heart rate monitor. If you are already using a heart rate monitor that you are comfortable with, please bring it with you.
- 4) For lactate testing we will have you warm up for at least 10-15 minutes prior to the test. For runners, we will begin you at a slow pace and speed up the treadmill at regular intervals. For cyclists, you will pedal at a regular cadence (around 90 rpm)

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- 1) and the resistance on the trainer will be increased at regular intervals. Every 3-4 minutes we will collect a blood sample by either poking your finger or ear. During the test, you will also be asked to rate your exertion level.
- 2) You will be closely monitored during the test. However, don't wait to tell our staff if you are feeling bad in any way. If you are having any problems, let us know immediately.
- 3) Do not get off the treadmill or cycle suddenly when the test is completed. You will continue to walk or pedal at an easy intensity to cool down for a few minutes. The cool down period allows your heart rate to gradually return to the normal range.
- 4) After the test, we will print out your customized report and review the results with you. Our office does have a shower so if you would like to use the shower, bring your change of clothes and a towel.

Bicycle preparation

- 1) If you have a bike that you use regularly, please bring it with you. You should be comfortable with the bike you are using. If you are just getting into bicycling and don't have a bike yet, please let us know and we can accommodate you.
- 2) Please don't forget your cycling shoes!
- 3) Please make sure your bike is functioning properly. If your bike is not working and the test needs to be cancelled, you may be charged the full fee for the time reservation and asked to reschedule.
- 4) If you are being tested on a mountain bike, you will need to have a slick training tire on the rear as normal mountain bike tires don't provide a good contact with the trainer. Also, the trainer can trash your mountain bike tire nubs.