



# Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

**Q:** Hey sonni, What is a brief definition VO2 Max and Lactate Threshold.  
Does Vo2 max significantly change as one gets better in shape? How much can lactate threshold change?  
TB

**A:** HEY TB.....BASICALLY,

-VO2-MAX IS: THE MAXIMAL CAPACITY FOR OXYGEN CONSUMPTION BY THE BODY DURING EXERTION.

-LACTATE THRESHOLD IS: THE HIGHEST EXERCISE INTENSITY YOU CAN ACHIEVE BEFORE YOUR LACTATE PRODUCTION EXCEEDS IT'S UTILAZATION (USAGE).

VO2 MAX **DOES** CHANGE AS YOU GET IN BETTER SHAPE.....BUT ONLY SLIGHTLY.

LACTATE THRESHOLD, HOWEVER, IS A MUCH BETER PREDICTOR OF ENDURANCE ATHLETE SUCCESS.....AND THE GOOD NEWS IS THAT IT IS **VERY "TRAIN-ABLE"**. BEGINNERS TYPICALLY REACH LT @ 70% OF THEIR VO2MAX.....WHILE THOSE ELITES WHO'VE TRAINED FOR YEARS REACH LT @ AS MUCH AS 90% OF VO2-MAX.

SO THE GUY WHO HAS THE HIGHEST VO2 MAX DOESN'T ALWAYS WIN.....IT'S GENERALLY THE ONE WHO HAS PUSHED THEIR LACTATE THRESHOLD BACK (THROUGH HARD WORK) TO THE HIGHEST % OF THEIR VO2MAX.

**Sonni**