

Lactate Balance Point Testing

FaCT stands for Feldmann and Chlebek Test. It was developed by Juerg Feldmann and Herb Chlebek at FaCT-Canada and has been used on hundreds of Olympians and Professional athletes as well as recreational and Master's athlete's. This test is truly for everyone!

There are two components to the FaCT test protocol:

1. *The Performance Line* (or step test) is used to compare performance changes over time. One can see at a glance how an athlete has improved his/her performance over time and how to adjust a training program to show continued improvement. It can also be used to determine whether a particular training program has been ineffective and allow an athlete to make appropriate changes to address the problem.
2. *The Lactate Balance Point (LBP)* is the determination of the body's ability to balance the production of lactate in working muscles with its clearance by the body.

What is Blood Lactate?

Lactate is a metabolic product produced in the muscle cells during exercise. It can be measured by taking a drop of blood at a finger tip the same way diabetics monitor their blood sugar level. The blood lactate level increases with exercise intensity and shows clearly the transition from aerobic to anaerobic activity.

Why measure Blood Lactate?

Blood Lactate can be used by sport scientists, coaches, and athletes to accurately determine appropriate training intensities and recovery periods.

Blood Lactate testing is far more precise than the outdated and inaccurate method of using percentages of maximum heart rate to set training zones. Because heart rate responds differently in each individual, heart rate zones need to be determined by measurement of physiological variables, not set by mathematical formulas. Furthermore, the relationship between exercise intensity and heart rate is different for different exercises. Training recommendations for running will not be the same as heart rate recommendations for cycling.

I have been training with a heart rate monitor ever since I first got tested in 2006. Not only has my training been better than ever, I have suffered less injuries and have achieved amazing results. If you already have or are thinking of purchasing a HR monitor and want to (a) know what zones YOU should be training in and (b) see tangible results on whether or not your training is improving your fitness level, please feel free to contact me.

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