

Metabolic Testing Purchase Justification

The Benefits and Opportunity for Success with VO2 Master Testing

Why Metabolic Testing Can Help You Win

Metabolic Testing Matters

Coaches need objective insights into how their athletes respond to training. VO2 data delivers the most direct picture of internal load by measuring oxygen demand in real time.

Metabolic testing helps coaches:

- Determine athlete limiters
- Identify true training thresholds
- Evaluate movement economy
- Track progress block-to-block
- Detect fatigue early
- Individualize training zones with precision

Key VO2 Testing Metrics for Coaches

1. VO2 max and sub max (Measure what matters)

VO2 max is useful for measuring the size of the engine, but is not essential for programming. Thresholds and efficiency are often more actionable.

2. Ventilation, Tidal Volume, Respiratory Frequency

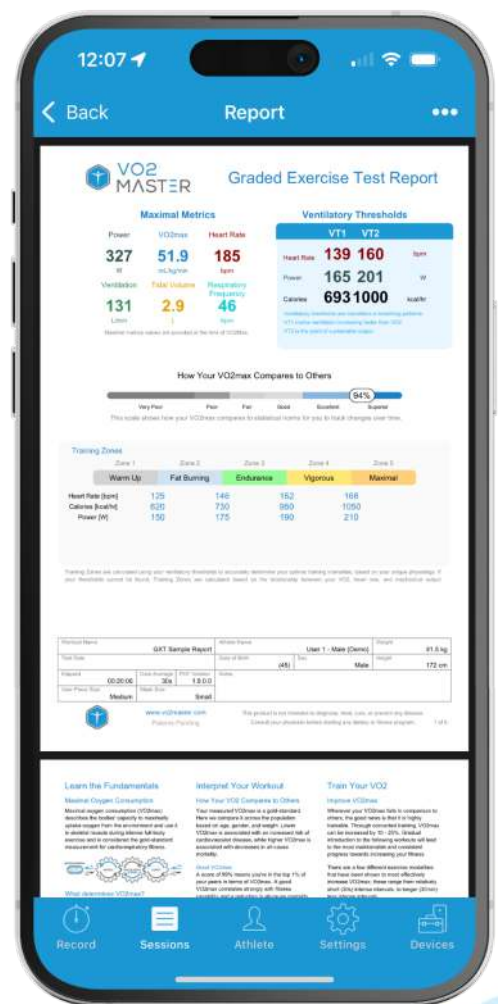
Critical metrics for identifying athlete limiters.

3. Ventilatory Thresholds (VT1 & VT2)

The gold standard for zone building. Thresholds determined via VO2 are more accurate than HR or pace formulas.

4. Aerobic Efficiency & Economy

How much oxygen an athlete needs at given speed/power.
Less VO2 for the same output = better efficiency.



Why Field Testing Is a Game-Changer

Traditional lab carts are accurate but impractical for teams and coaches, especially for valuable repeat testing data. VO2 Master's portability allows you to test athletes during sport-specific movement during intake, return to play and training blocks.

- On the field
- In the gym
- During practice
- On hills or cycling routes
- In group settings

Testing no longer needs to be separate from training — it becomes part of it.

When to Test Athletes

- Preseason baseline
- Before/after conditioning blocks
- During fatigue monitoring phases
- During RTP progressions
- Anytime zones need recalibration
- Endurance athletes often test while training for learning personal physiologic cues relating to race pace

Bring Lab-Quality Testing to Your Training Environment

VO2 Master gives coaches:

- Sport specific, field-ready live VO2 data
- Fast setup and easy workflows
- Integrated metrics in real time
- Athlete comfort and freedom of movement
- Integration with many leading devices including Garmin, Moxy, Polar HR and more.
- Instant reports and data files identity protected

We are in a new era of coaching, are you there?

See How It Can Work for You

Jump on a quick demo or Q&A session that guides you through the analyzer, its features, and more!

[Check Availability](#)



VO2 Master is not a medical device; it is not intended to diagnose, treat, cure, or prevent any disease.
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