



Physiology

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Overview - Physiology

- Exercise Testing
- Training
- Problem solving
 - Case study

Exercise Testing

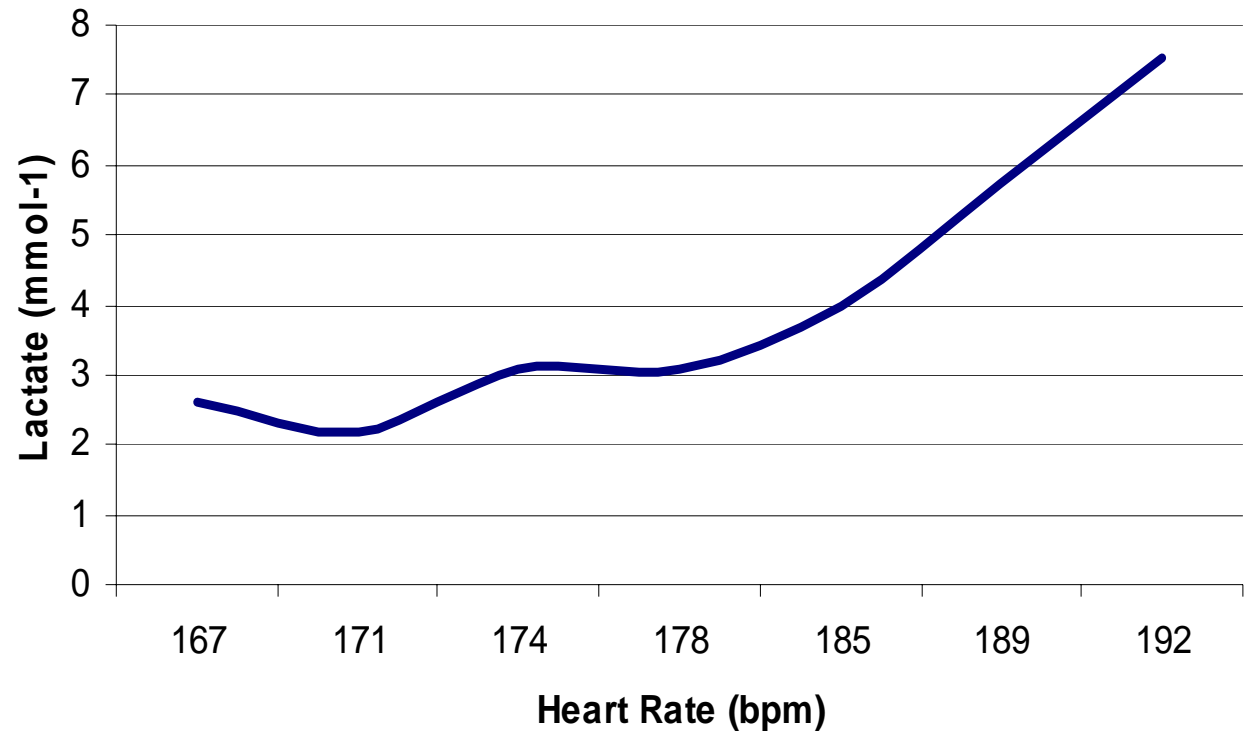
- Provides:
 - Objective measures of fitness
- Enables:
 - Progress monitoring
 - Identification of strengths & weaknesses
- Measures:
 - Maximum Strength and Power
 - Anaerobic power
 - Aerobic capacity
 - VO_2max , lactate threshold

Training

- Recommend training intensities
 - Derived from laboratory testing
 - For example, using lactate testing and heart rate
 - Monitor progress

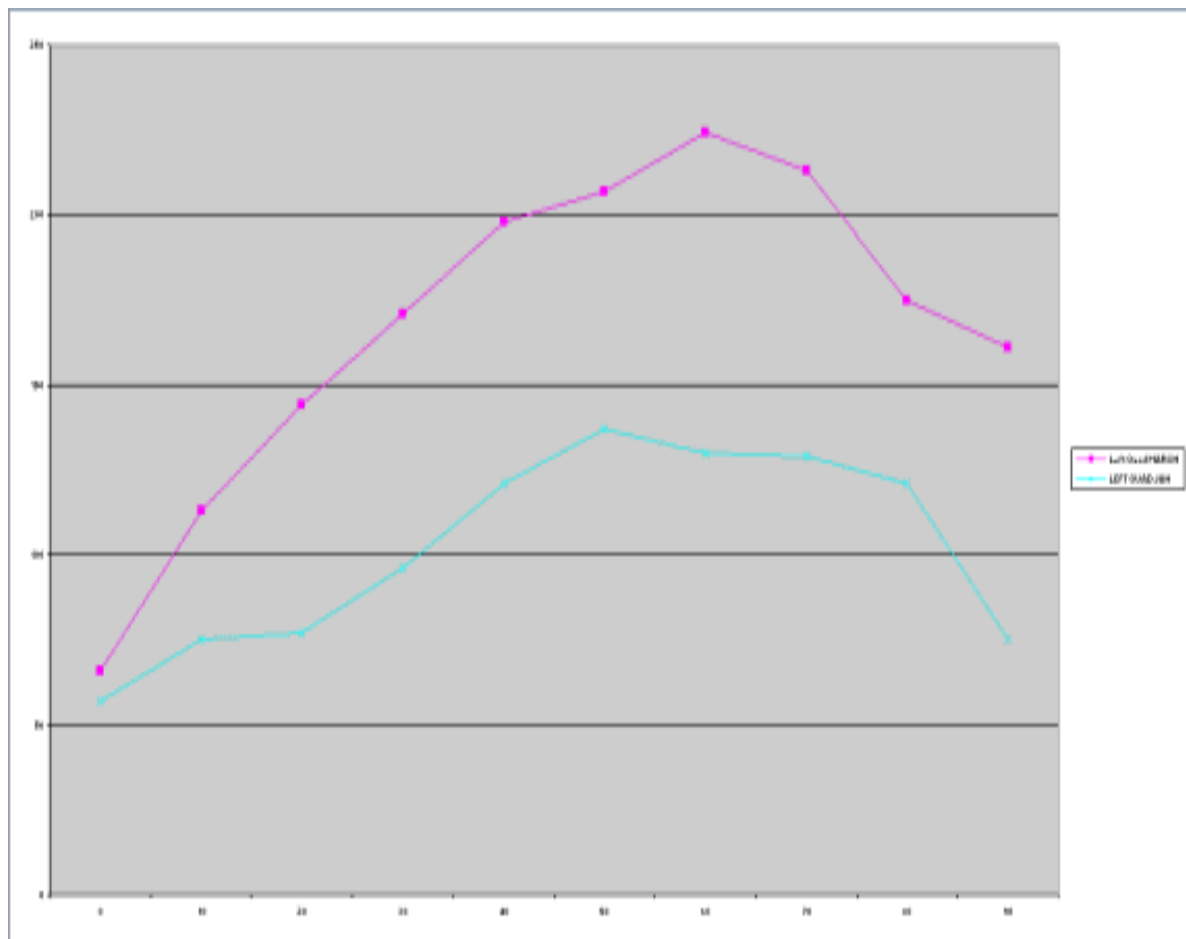


Recommend Training Intensities





Monitor Progress



Equipment

- Range of ergometers
 - Cycling, rowing, running
- In addition to laboratory testing, some field testing possible
 - Measure athletes during training or competition



Problem Solving

- Provide expert advice and assistance on performance issues
 - Overtraining
 - Altitude
 - Jet lag
 - Competing in hot climates

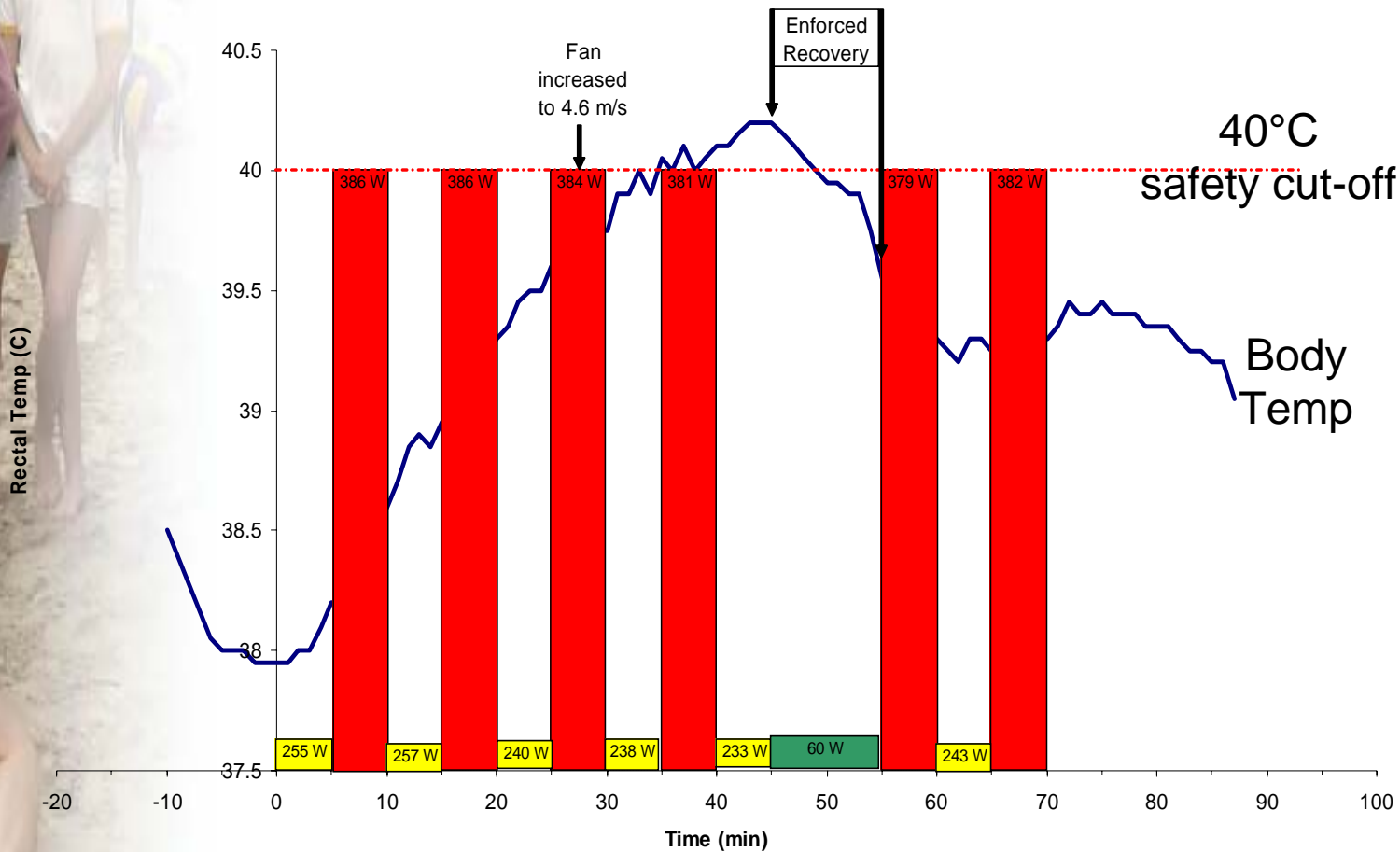
Case Study: Beijing Simulation



**Interval training in 30°C and 70% humidity
- at the start and ... after 1 hour**



Training and Body Temperature



Summary

- Physiological Support Can Help With:
 - Laboratory (and Field Testing)
 - Identifying Training Zones
 - Problem Solving