FAQs

Q What is VO_2max, and why does it matter?

A VO_2max is the maximum rate your body can take up and use oxygen during exercise—the gold-standard measure of aerobic fitness. It underpins endurance performance, health, and longevity.

Q Who are these tests for?

A Anyone wanting objective fitness data: endurance athletes, recreational runners and cyclists, event trainees, and anyone interested in health and longevity. You don't need to be an athlete to benefit.

Q What's the difference between VO_2max and submax VO_2 testing?

A A maximal test pushes you to your limit to measure peak oxygen uptake directly. A submax test estimates VO_2max from effort below maximal—less demanding, quicker, and ideal for tracking trends or if you'd rather not go all-out.

Q What is a Breathing Economy assessment?

A It measures how efficiently you breathe during exercise—how much ventilation and oxygen you use for a given workload. It identifies breathing inefficiencies or patterns that may limit performance and can inform breathing training.

Q Do I need to be fit?

A No. Protocols are scaled to your level, and submax testing is especially accessible.

Q How should I prepare?

A Come rested and hydrated. Avoid hard training for 24–48 hours and caffeine/heavy meals for 2–3 hours beforehand. Wear athletic clothing and shoes, and bring water and any medication (e.g., inhaler).

Q Are there any risks?

A Exercise testing is generally safe. You'll complete a health screening first. If you have cardiovascular or respiratory conditions, check with your doctor and tell us your medical history.

Q How long does it take?

A Plan for roughly 45–60 minutes including setup, warm-up, test, and cool-down. Submax tests are often shorter.

Q What does the test involve?

A You'll wear a mask/breathing apparatus and heart-rate monitor while exercising on a treadmill or bike as intensity gradually increases. A maximal test is hard but controlled—you can stop at any time.

Q When will I get my results?

A A summary and interpretation shortly after the test (same day or within a few days).

Q What will my results tell me?

A Depending on the test: VO_2max (or estimate), ventilatory thresholds, heart-rate zones, breathing efficiency, and how you compare to norms—plus practical takeaways for training.

Q How accurate is submax vs. maximal?

A Submax estimates are good for tracking trends and setting zones; a maximal test gives the most direct, precise VO_2max.

Q How often should I test?

A Every 8–12 weeks is common for tracking progress, or around key training blocks. Submax tests can be repeated more often.

Q Can I test if I'm ill or injured?

A If you're acutely ill or injured in a way that affects exercise, reschedule—and tell us about any limitations so we can adapt.