

## optimalSPORTING TIP

### Increasing My Lactate Threshold:

**Did you know?** The expression "lactic acid" is used most commonly to describe the intense pain felt during exhaustive exercise.

There exists an effort level called the **lactate threshold** that you can continue at for an extended period of time without having to slow down, usually an hour but sometimes longer. As long as you maintain this effort level your lactate level will remain constant. At small effort levels above this point your lactate level will rise slowly and you will be forced to stop. This level is called the lactate threshold.

**How do I apply this?** Research shows that you need to either train at or slightly above your lactate threshold level to increase your lactate threshold. Remember this is the level that lactate starts to accumulate so if training slightly above, this can be uncomfortable.

**What are the results for me?** In doing this you should be able to train and compete at a higher intensity for a longer period of time.

Want to know more? [Click here](#), or call 64 9 307 0323 to find out how we can improve your performance.

optimalSPORTS  
physical conditioning

