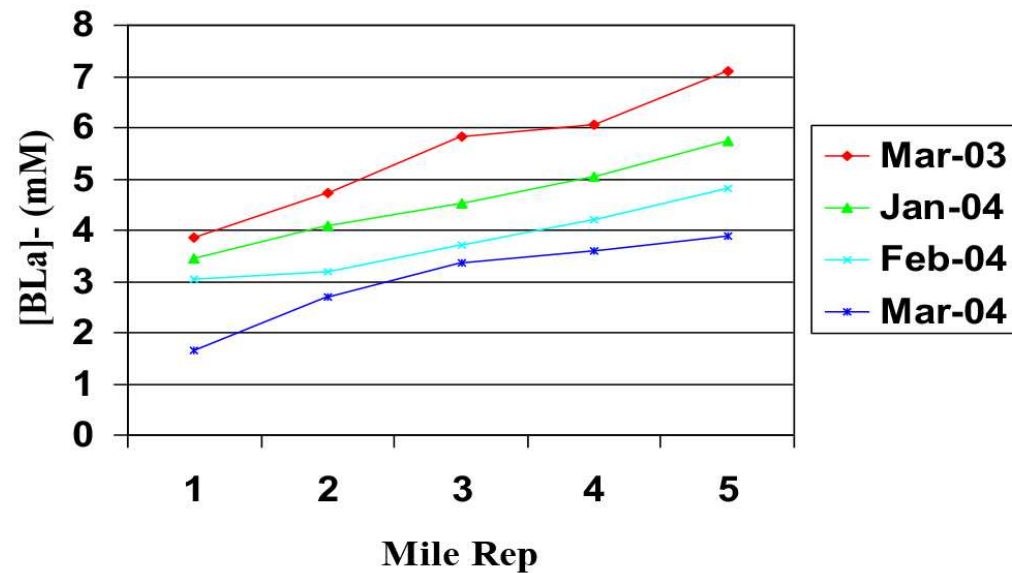




OREGON TRACK CLUB ELITE

LACTATE THRESHOLD ASSESSMENT



Assessment: Correct adaptive response

Intervention: Increase threshold oriented sessions

Conclusion: 1-2 sessions per week [winter priority]

