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# ***YOUR TRAINING ZONE***

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## **Hi Tech Biochemistry and Physiology Meets the Common Athlete**

Ever wonder how to get faster or how Olympic caliber athletes train? The future has arrived to the Fox Valley and now the regular weekend athlete looking for performance improvement has a source to turn to. In the past, heart rate monitors and charts have been used to identify proper training zones. Endurance athletes of all levels use HR monitors, however just using one no longer means you are training in the correct zone. In fact, one study demonstrated that 80% of athletes exercising were exercising in a zone where improvement was minimal or stagnant.

A little molecule given a bad rap, called LACTIC ACID, can be identified during a graded exercise test. Lactic acid is actually a fuel which is readily available to muscle cells. Identifying the increasing lactic acid tells the athlete where specific improvement can be ascertained. Keying in on the individualized zones with a structured, specific training plan will make one faster, improve recovery and avoid injury. Repeating the lactate profile test 8-10 weeks later then allows one to see specific adaptation. The test is practical, easy to administer **under the direction of a physician** and repeatable.

Local physician and Ironman triathlete, Mike Pierson has been training exclusively by identifying his lactate zones for running and biking for the past 4 years.

It all began when he decided to train for an Ironman and had limited training time due to working full time as an anesthesiologist. Doing specific workouts based on the accurately defined training zones has allowed him to progress to the top of his age group. After seeing vast improvement, Mike then persuaded his wife Sue to train using lactate determined training zones. Sue continues to have success as a master's runner, achieving multiple personal records and remaining an elite national level athlete beyond the age of 40.

With a bit of prodding and encouragement from friends, YourTrainingZone.com was born. Currently, many local WI athletes are using this high tech training technique to improve, reach for their goals and learn a lot about their unlimited potential. The success stories continue too many of our current club members. For more information and results check out [yourtrainingzone.com](http://yourtrainingzone.com).

**As a friend of the Tri Fox triathlon club, all members receive a 10% discount off all evaluations.**

For info:

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