GXT to measure VO₂peak, and vVO₂peak or pVO₂peak

Familiarisation

D1

40 min continuous exercise at 65% of v or pVO₂peak

B: T0
U: T0, T3

D2

6 x 4 min intervals, W: R 2:1 at 80% of v or pVO₂peak

B: T0
U: T0, T3

D4

7 x 5 min continuous sets: 3.5 min at 60% v or pVO₂peak and 1.5 min at 80% v or pVO₂peak

B: T0
U: T0, T3

D6

40 min continuous exercise at 60% of v or pVO₂peak

B: T0
U: T0, T3

D5

8 x 3 min intervals, W: R 2:1 at 85% of v or pVO₂peak

B: T0

R3

Rest

B: T0
U: T0, T3

R7

Rest

B: T0
U: T0, T3

B: Blood
T0: Baseline
D: Day
VO₂peak: Peak oxygen uptake
GXT: Graded exercise test

U: Urine
T3: 3 h post-exercise
R: Recovery day
v or pVO₂peak: Velocity or power output at VO₂peak