Lactate step test: recording sheet

`lactater`

Athlete

Name _____ Date _____ Time of day _____

Sport _____ Sex _____ Age _____ Body mass (kg) _____

The 24 to 48 h before

Last meal (time, what) _____ Caffeine (mg, time) _____

Training in the last 48 h _____ Sleep, illness, other _____

Protocol

Ergometer _____ Start _____ Increment _____

Stage duration _____ Pause for sampling _____ Treadmill grade (%) _____

Site: □ earlobe □ fingertip □ other _____ Sample: □ whole blood □ plasma _____ Analyzer, calibrated at _____

Room (°C, % humidity) _____ RPE scale: □ 6-20 □ CR10 _____ Tester _____

Stages sample in the last 30 s of each stage, heart rate and RPE in the same window

Stage	Intensity (W or km/h)	Clock time	Lactate (mmol/L)	Heart rate (bpm)	RPE	Notes
Rest	0					
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

End of the test and recovery recovery samples are for Stegmann's threshold; sample until lactate is back below its last value

Why it ended _____ Time in the last stage (s) _____ Peak heart rate (bpm) _____

Minutes after the end	1	3	5	7	10	15
Lactate						

Notes

Into lactater: one row per stage with `intensity`, `lactate` and, if recorded, `heart_rate` and `rpe`; the resting sample is the row with intensity 0 (the CSV template that comes with this sheet has these columns). A last stage that was not completed goes in at its time-weighted intensity: the last completed stage plus the increment × the seconds done / the seconds of a full stage, or is left out with `max_intensity`. Recovery samples go in `recovery`, as minutes and lactate, with `stage_duration`.