



AEROBIC CAPASITY TESTS

Ladies and juniors protocol

Ergospirometer: Cosmed K5

Ladies	Skating G3 (V2)		Classic DP		Pole walking		
Juniors	Marwe 620 XC, wheel 0		Marwe 800 XC, wheel 6				
Time (min)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	Time (min)	Speed (km/h)	Gradient (degrees)
Rest	-	-	-	-	Rest	-	-
0-3	8.0	3.0	8.0	2.0	0-3	5.0	3.5
3-6	9.5	3.0	9.5	2.0	3-6	5.5	4.9
6-9	11.0	3.0	11.0	2.0	6-9	6.0	6.1
9-12	12.5	3.0	12.5	2.0	9-12	6.0	8.0
12-15	14.0	3.0	14.0	2.0	12-15	6.0	9.9
15-18	15.5	3.0	15.5	2.0	15-18	6.0	11.7
18-21	17.0	3.0	17.0	2.0	18-21	6.0	13.6
21-24	18.5	3.0	18.5	2.0	21-23*	6.5	14.0
24-27	20.0	3.0	20.0	2.0	23-25*	7.0	14.3
27-30	21.5	3.0	21.5	2.0	25-27*	7.5	14.6
30-33	23.0	3.0	23.0	2.0			
33-36	24.5	3.0	24.5	2.0			

* 2 minute load

AEROBIC CAPASITY TESTS

Men protocol

Men	Skating G3 (V2)		Classic DP		Pole walking		
	Marwe 620 XC, wheel 0		Marwe 800 XC, wheel 6				
Time (min)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	Time (min)	Speed (km/h)	Gradient (degrees)
Rest	-	-	-	-	Rest	-	-
0-3	9.5	3.0	9.5	2.0	0-3	5.5	2.8
3-6	11.0	3.0	11.0	2.0	3-6	6.0	4.2
6-9	12.5	3.0	12.5	2.0	6-9	6.5	5.3
9-12	14.0	3.0	14.0	2.0	9-12	6.5	7.1
12-15	15.5	3.0	15.5	2.0	12-15	6.5	8.8
15-18	17.0	3.0	17.0	2.0	15-18	6.5	10.6
18-21	18.5	3.0	18.5	2.0	18-21	6.5	12.3
21-24	20.0	3.0	20.0	2.0	21-24	6.5	14.0
24-27	21.5	3.0	21.5	2.0	24-26*	7.0	14.3
27-30	23.0	3.0	23.0	2.0	26-28*	7.5	14.6
30-33	24.5	3.0	24.5	2.0	28-30*	8.0	14.8
33-36	26.0	3.0	26.0	2.0	30-32*	8.5	15.0

* 2 minute load