

ANAEROBIC CAPACITY TESTS

Skiing
2 min protocol
Work: 25"
Stop: 60"
Slow: 35"

Pole running
2 min protocol
Work: 25"
Stop: 95"

Ladies and juniors protocol

Ladies	Skating G3 (V2)		Classic DP		Pole walking/running		
Juniors	Marwe 620 XC, wheel 0		Marwe 800 XC, wheel 6				
Time (min)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	VO ₂ * (ml/kg/min)
Rest	-	-	-	-	-	-	-
2	15.0	2.5	15.0	2.0	9.0	6.5	50.0
4	16.0	2.5	16.0	2.0	9.0	7.8	56.0
6	17.0	2.5	17.0	2.0	9.0	9.0	62.0
8	18.0	2.5	18.0	2.0	9.0	10.3	68.0
10	19.0	2.5	19.0	2.0	9.0	11.5	74.0
12	20.0	2.5	20.0	2.0	9.0	12.8	80.0
14	21.0	2.5	21.0	2.0	9.0	14.0	86.0
16	22.0	2.5	22.0	2.0	9.0	15.2	92.0
18	23.0	2.5	23.0	2.0	9.2	16.0	98.0
20	24.0	2.5	24.0	2.0	9.8	16.0	104.0
22	25.0	2.5	25.0	2.0	10.3	16.0	110.0
24	26.0	2.5	26.0	2.0	10.9	16.0	116.0
26	27.0	2.5	27.0	2.0	11.4	16.0	122.0
28	28.0	2.5	28.0	2.0	12.0	16.0	128.0
30	29.0	2.5	29.0	2.0	12.5	16.0	134.0
32	30.0	2.5	30.0	2.0	13.1	16.0	140.0
34					13.6	16.0	146.0
36					14.2	16.0	152.0

* Estimated VO₂ max (Balke & Ware 1959)

ANAEROBIC CAPACITY TESTS

Skiing
2 min protocol
Work: 25"
Stop: 60"
Slow: 35"

Pole running
2 min protocol
Work: 25"
Stop: 95"

Men protocol

Men	Skating G3 (V2)		Classic DP		Pole walking/running		
	Marwe 620 XC, wheel 0		Marwe 800 XC, wheel 6				
Time (min)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	Speed (km/h)	Gradient (degrees)	VO ₂ * (ml/kg/min)
Rest	-	-	-	-	-	-	-
2	22.0	2.5	22.0	2.0	9.0	6.5	50.0
4	23.0	2.5	23.0	2.0	9.0	7.8	56.0
6	24.0	2.5	24.0	2.0	9.0	9.0	62.0
8	25.0	2.5	25.0	2.0	9.0	10.3	68.0
10	26.0	2.5	26.0	2.0	9.0	11.5	74.0
12	27.0	2.5	27.0	2.0	9.0	12.8	80.0
14	28.0	2.5	28.0	2.0	9.0	14.0	86.0
16	29.0	2.5	29.0	2.0	9.0	15.2	92.0
18	30.0	2.5	30.0	2.0	9.2	16.0	98.0
20	31.0	2.5	31.0	2.0	9.8	16.0	104.0
22	32.0	2.5	32.0	2.0	10.3	16.0	110.0
24	33.0	2.5	33.0	2.0	10.9	16.0	116.0
26	34.0	2.5	34.0	2.0	11.4	16.0	122.0
28	35.0	2.5	35.0	2.0	12.0	16.0	128.0
30	36.0	2.5	36.0	2.0	12.5	16.0	134.0
32	37.0	2.5	37.0	2.0	13.1	16.0	140.0
34					13.6	16.0	146.0
36					14.2	16.0	152.0

* Estimated VO₂ max (Balke & Ware 1959)