



## VO<sub>2</sub> Max Pretesting Guidelines

- Please wear comfortable athletic clothing and your usual training shoes. Avoid wearing new gear during testing.
- Avoid introducing new exercises the day before the test. Training sessions should be light workouts for the 24 - 36 hours leading up to testing.
- Consume plenty of water in the 12 hours prior to testing.
- Normal diet for the two days leading up to the test
  - Eating on the day of the test:
    - Morning testing: Light snack 1-1.5 hours prior
    - Afternoon testing:
      - Normal breakfast and mid-morning snack
      - Lunch 3 hours prior to test
- Avoid consuming the following from 12—24 hours prior to the test:
  - Smoking
  - Caffeine
  - Alcohol
  - Supplements that can affect aerobic performance (eg: steroids, cold medication, beta-blockers, etc.)
- Testing should be avoided if you have had a respiratory, GI or other illness within 2 week of testing. Please contact our lab for any concerns.

**The National Sports Medicine Institute**  
**Sports Science Lab**

19455 Deerfield Avenue, Ste 309  
Lansdowne VA, 20176  
Website: [nsmisportslab@square.site.com](mailto:nsmisportslab@square.site.com)

Phone: 703-729-5010  
Fax: 703-729-5833  
Email: [sportslab@nationalsportsmed.com](mailto:sportslab@nationalsportsmed.com)