



SPORTS PERFORMANCE CENTER

RUN AND CYCLE EVALUATION

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RUN AND CYCLE EVALUATION AT THE SPORTS PERFORMANCE CENTER

This in-person evaluation is designed for triathletes of all ages and abilities to help improve performance and prevent injury. You will receive a one-on-one evaluation with an exercise physiologist that includes the following:

Day 1 (90 minutes)

- **Training Program Review**
We review your current training routine and provide recommendations to improve your performance, decrease injury, and maintain your running routine for years to come.
- **Body Composition Analysis**
Percentage of lean mass and fat mass is measured. Weight recommendations are made based on results.
- **Resting Heart Rate and Blood Pressure**
An indicator of fitness level and training load, resting heart rate and blood pressure are vital measures to track.
- **Aerobic Capacity and Lactate Threshold Cycling**
Aerobic capacity and lactate threshold are different while running or cycling, due to the position of the body and musculature used for each modality. We will complete the first aerobic capacity test with lactate on your bike to determine training zones for your rides.
- **Cycling Analysis**
We record a high-definition video of your cycling from the front, back, and sides, and then use motion analysis software to determine how your mechanics affect your performance. Your mechanics are then correlated with your stability and mobility screen results.
- **Stability and Mobility Assessment**
You will complete a series of tests and measures designed to identify asymmetries and imbalances that can increase your risk of injury. This is a unique assessment designed to address the movements needed for each modality: running and cycling.
- **Running Analysis**
We record a high-definition video of your running from the front, back, and sides, and then use motion analysis software to determine how your running mechanics affect your performance.

Day 2 (60 minutes)

- **Aerobic Capacity and Lactate Threshold Running**
Obtaining these values on a treadmill will provide detailed and specific guidelines for your runs.
- **Review of Cross Training Program Recommendations**
After your testing is complete, the exercise physiologist will review results and discuss suggested strength, stability, mobility, and warm up exercises that will best impact your training, prevent injury risk, and strengthen performance.
- **Personalized Final Report**
Each participant receives an individualized report that includes a detailed summary and analysis of result.

Virtual Evaluation

We also offer a virtual evaluation that includes some of the same expert analysis as the in-person appointment. You will need a computer with a webcam for this session.

- You will be asked to complete a recording of yourself on a bike trainer and on the treadmill, and email us an mp4 file.
- When you meet with the exercise physiologist for your video session, you will need to have a stable step that you can use for one of the tests, a mat, and a dowel/broomstick/belt.
- **Program Review (15 minutes):** You and your exercise physiologist will discuss past injuries, medical history, past races completed, training program, and goals.
- **Stability and Mobility Exam (20 minutes):** The exercise physiologist takes you through a sport-specific series of movements that assess joint range of motion, muscle balance, stability, and flexibility.
- **Review Results (15 minutes):** The exercise physiologist will share their screen and playback your running and cycling videos, walking you through each biomechanical variable that can impact your performance and injury risk.
- **Next Steps (20 minutes):** Your exercise physiologist will discuss next steps for training and exercises to include in your weekly program. Exercises will be reviewed to ensure proper form.
- You will receive a digital report of your evaluation and results.





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Schedule your in-person or virtual evaluation by filling out the appointment request form at nyulangone.org/nyctriathlon

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