**VO2 MAX:UNIVERSITY OF REGINA LAB**

**What is VO2 max?**

**In a sports setting?**

**What factors go into competitive success besides VO2 max**

**Who is Bjorn Daehlie? What was his VO2 max score?**

**What is oxygen consumption (VO2)**

**Vo2 is equal to….**

**What does “VO2 is proportional to workload” mean?**

**What is the formula for VO2 max?**

**What does “Q” stand for?**

**What is “a-VO2 diff”**

**What is another factor that can be measured at the same time as VO2?**

**What is it called where ventilation increases much more rapidly than workload?**

**What is lactic acid?**

**What are 3 potential causes of increased accumulation of lactate in the blood?**

**Use table 7.5. Get your beats per minute. How does it compare to the world class runner?**