

Want to Swim Faster, Faster?

Athletic Performance Assessment

No longer just for the elite!

Need to improve performance? Not achieving the results you've been expecting? Feeling overtrained or fatigued?

Partnering with Michael Mann of SwimLabs, Dr. Iñigo San Millán of CU Sports Medicine created a performance test specifically focused on the swimming community. The new program provides sports performance testing services to masters level, tri-athletes, and age group swimmers. This is the only place in the region offering these tests to the public.

SwimLabs has gained momentum in creating revolutionary techniques to help evaluate swimmers and improve stroke efficiency through state-of-the-art video feedback in a swim flume. By utilizing the swim flume technology, we are able to offer sports performance evaluation in a controlled swimming environment. The flumes act like a swimming treadmill replicating the same conditions a swimmer will experience when working out in a pool or open water.

Dr. Iñigo San Millán, director of the CU Sports Medicine Exercise Physiology and Human Performance lab, has worked with many elite and world class athletes including a Tour de France winner.

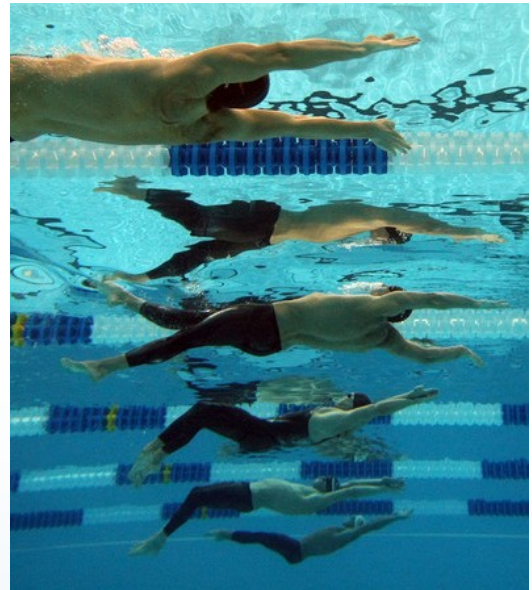


Michael Mann, director of SwimLabs and holder of several Masters World Records, utilizes the latest video and computer technology to help swimmers perfect their stroke technique.

Experience in Action!

www.swimlabs.com

www.cusportsmed.org

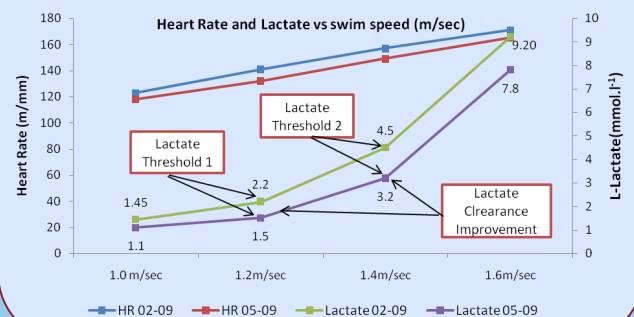


In today's competitive swim environment, performance testing programs help to evaluate and improve individual performance.

We work with athletes and coaches to plan specific, individualized training programs through:

- Assessing individual fitness levels
- Assessing and monitoring assimilation of training and competition
- Identifying and correcting performance deterioration and overtraining

Example of Lactate Threshold Testing



University of Colorado Hospital
CU Sports Medicine

SwimLabs[®]
SWIM SCHOOL Swim faster... faster

Athletic Performance Assessment

Definite Results, Definite Performance!

Test	Measures	Indicator of	Used to	How it Works
Lactate Profile and Threshold	Lactate Metabolism	Athletic Endurance Performance	Predict Athletic Performance and Prescribe Individualized Training Programs	<ul style="list-style-type: none">• Tells you how efficient your muscles are at removing lactate produced by training• When the rate of lactate production is higher than the rate of removal, lactate accumulates in the blood which then decreases muscle performance
Blood Profile	Various Blood Markers	Level of Fatigue and Overtraining	Detect/Prevent Overtraining and Fatigue and Establish Corrective Action	<ul style="list-style-type: none">• Objective data is used to pinpoint the reasons for overtraining and fatigue• Correct deficits

What should I expect?

Ample opportunity to discuss information and training recommendations for each athlete

During the Lactate tests

- Each test session will take place in the swim flume at SwimLabs
- Each swimmer will undergo a set of four or five swimming stages at incremental speeds to maximum effort
- Very small blood sample taken by skin poke at the end of each stage to measure lactate
- Total time of 20-25 minutes per swimmer
- Results and training plan after test session
- Three test sessions timed to coordinate with the swim race season

During the Blood Profile

- Each optional session will take place in the CU Sports Medicine Clinic in Denver
- Interpretation to help coaches correct and modify training regimens
- Results will be discussed with coaches and athletes

Pricing:

Lactate Tests: \$100 per session

Three sessions required throughout the season

Seeking groups of eight to twelve swimmers

To schedule performance testing call

SwimLabs 303-798-7946

Blood Profile: \$175 per session

To schedule blood profiling call

CU Sports Medicine

720-848-8208

With years of accumulated knowledge, practice and work with elite athletes throughout the world, Dr. Iñigo San Millán developed a unique set of tests offered to you through partnership with SwimLabs and University of Colorado Hospital.

SwimLabs

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