



Physiological Testing

Client Overview

Clear testing, coach-led interpretation and practical training decisions

For cyclists, runners and triathletes

holohancoaching.com

Move beyond guesswork

Physiological testing helps identify your current strengths, limiters and the training zones that are most relevant to your goals.

Accurate zones

Use power, pace and heart rate zones that reflect your current physiology rather than relying on generic estimates.

Clear priorities

Understand whether your next training block should focus on aerobic development, threshold, high-intensity capacity or body composition.

Actionable feedback

Every test is interpreted by a coach, so you leave with practical recommendations rather than just a spreadsheet of numbers.

What you receive

- A concise results summary written in clear, coach-friendly language.
- Individualised training zones based on the test completed: power, pace and/or heart rate.
- Key physiological strengths and limiters.
- Practical recommendations for the next training phase.
- Optional comparison to previous tests to show whether you have genuinely adapted.

The aim

To translate lab-quality testing into simple training decisions: what to do, how hard to do it and what to monitor next.

Package menu

Choose a focused single test or a more complete performance assessment.

Package	Best for	Includes	Duration	Price
Body Composition Check	Tracking body composition change	Skinfolds or bioimpedance, body mass, summary notes	20-30 min	£35 / £25 add-on
Lactate Profile	Setting accurate training zones	Bike or treadmill lactate step test, HR/power/pace zones, LT1/LT2	60-75 min	£125
VO2max + Metabolic Profile	Understanding aerobic capacity	VO2 Master test, VO2max, ventilatory thresholds where identifiable, MAP/MAS	60-75 min	£150
Performance Profile	Most coached athletes starting structured training	Lactate profile + VO2max/metabolic profile + concise report	90-120 min	£225
Complete Performance Assessment	Athletes wanting the full picture	Performance Profile + body composition + full report + 30-min feedback call	120-150 min	£275
Re-test / Progress Check	Tracking adaptation after a block	Repeat of chosen key protocol with comparison notes	45-90 min	From £100

All testing is coach-led and designed to inform training, pacing, fuelling and performance planning.

Single-test options

Focused testing for athletes who want to answer a specific training question.

Body Composition Check

£35 / £25 add-on

- A practical assessment to monitor body composition across a training block, race-preparation phase or weight-management goal.
- Choice of skinfold assessment or bioimpedance, depending on athlete preference and setting.
- Most useful for tracking change over time rather than making one-off judgements from a single number.

Lactate Profile - Bike or Treadmill

£125

- Incremental step test with blood lactate, heart rate and either power or running pace recorded at each stage.
- Identification of key lactate turn points, including LT1 and LT2 where appropriate.
- Individualised training zones and recommendations for endurance, tempo, threshold and high-intensity work.
- Suitable for cyclists, triathletes and runners.

VO2max + Metabolic Profile

£150

- VO2 Master assessment to measure maximal aerobic capacity and respiratory responses.
- VO2max, peak aerobic power or speed, heart-rate response and ventilatory threshold information where identifiable.
- Useful for identifying aerobic capacity, monitoring adaptation and setting high-intensity training targets.
- Portable, wireless set-up allows testing in a flexible environment.



Performance packages

The best option when you want the numbers translated into a clear training plan.

Performance Profile

£225

- Combines lactate profiling and VO2max/metabolic testing in one visit.
- Provides a more complete picture than a single FTP, 5 km time trial or ramp test.
- Includes key strengths, limiters, training zones and priorities for the next training phase.
- Recommended for new enquiries and existing coached athletes who want objective baseline data.

Complete Performance Assessment

£275

- Includes the full Performance Profile plus body composition assessment.
- Full written report with interpretation, training-zone table and practical next-step recommendations.
- 30-minute feedback call to talk through results and translate findings into the athlete's training plan.
- Ideal before a key training block, pre-season phase, return from injury, event build or major goal reset.

Re-test / Progress Check

From £100

- Repeat a previous protocol to track whether training has produced the intended adaptation.
- Short comparison report showing meaningful changes in zones, thresholds, VO2max, body composition or performance markers.
- Recommended every 8-16 weeks depending on the training phase and athlete goal.

Optional add-ons and discounts

Body composition add-on	£25
Extra report depth / coach consultation	+£50
Repeat test within 12 months	10% off
Two athletes tested together	10% off each
Club / team day	Bespoke



How it works

A simple process designed to make testing useful before, during and after your visit.

1. Choose the right test

Select the package that best matches your sport, current goal and training question.

2. Complete the assessment

Testing is completed on the bike or treadmill depending on the protocol and your sport.

3. Receive clear interpretation

You receive zones, key findings and practical next-step recommendations.

4. Re-test when useful

Repeat testing after a training block to monitor adaptation and update training zones.

Ready to book testing?

Get in touch to discuss the most suitable test for your sport, goal and training phase.

Holoan Coaching

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