



Free template

Run a lactate test at home

Protocol, measurement sheet and analysis for cycling, running and triathlon

For Lactate Pro 2, Lactate Plus, Lactate Scout & Lactate Express

1. Preparation

Use this template for a lactate step test with a portable meter. The goal is a clean lactate curve from which LT1, LT2, VLamax and training zones can be calculated.

- No hard session 24-48 h before; only an easy warm-up on test day
- No large meal 2-3 h before; keep caffeine and alcohol conditions consistent
- Prepare meter, test strips, lancets, swabs and timer
- Use the same time of day, temperature and protocol for repeat tests
- Warm hands or earlobe well; discard the first drop

2. Four-step workflow

1

Warm up

10-15 min easy, then settle briefly and prepare equipment.

2

Complete stages

4-5 min per stage, steady increments and consistent conditions.

3

Measure lactate

Measure in the last 30 seconds of each stage and record the value immediately.

4

Analyze online

Enter watts or pace, lactate and optional HR in LactateThreshold.

3. Analyze the result online

After the test, enter watts or pace, lactate and optional heart rate. The app calculates lactate curve, LT1, LT2, VLamax estimate and individual training zones.

Analyze online

After the test, enter values and calculate LT1, LT2, VLamax and training zones.

lactatethreshold.online/laktatetest-auswertung



Step test

Measurement sheet & protocol

Print, record values and analyze online afterwards

Cycling and running protocol

Cycling protocol

Start clearly below estimated LT1. Ride 4-5 min per stage and usually increase by 20 watts.

Running protocol

A treadmill is easiest to control. Increase every 4-5 min by 0.5 km/h or 15-20 s/km.

Stage	Minute	Watt / Pace	Lactate mmol/L	HR	RPE	Note
1						
2						
3						
4						
5						
6						
7						
8						
9						

Test conditions

Date / time

Temperature / place

Sleep / fatigue

Last meal / caffeine

Note

This template is intended for training guidance and does not replace medical advice. If you have symptoms, illnesses or risk factors, consult a physician.