

Lactate Testing Protocols

Some endurance coaches use a lactate testing kit to measure the level of lactate in an athlete's blood at a given time to determine that they are working in the prescribed training zone.

Our insurers have issued guidance that only appropriately trained coaches can carry out this practice. If this is something that you want to consider, please contact Athletics NI Endurance Coordinator Mark Kirk mark.kirk@athleticsni.org and see information below.

Lactate Testing Protocol and Training for Coaches

Coaches will be required to have Athletics Coach or CIRF qualifications (old level two equivalent) and will meet with SNISI Physiologist Dr. Ricky McCann to go through the standard operating procedures. This can be carried out in conjunction with a lab-based test where appropriate, please discuss this with Mark when arranging your training.

Please note: Any coaches who are trained medical professionals and have a phlebotomy qualification will not be required to receive training from a Physiologist.