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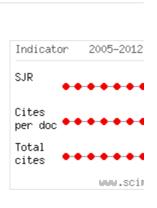
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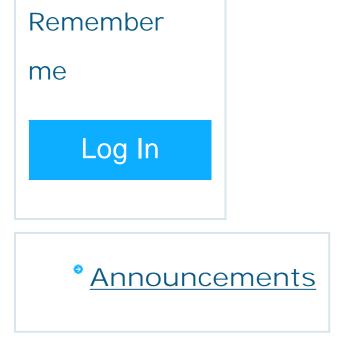
Maximal oxygen consumption in national elite triathletes that train in high altitude

Gilberto Gonzalez-Parra, Rigoberto Mora, Bernhard Hoeger

Triathlon is considered an endurance

Abstract

sport composed by the individual disciplines of swimming, cycling and running which are generally completed in this sequential order. It has been suggested that triathlon performance can be predicted by maximal oxygen uptake (VO₂max). However, it has also been suggested that some variables such age, gender, fitness, training and ventilator muscles may affect VO₂max. It is the aim of this research to measure and analyze the VO₂max of 6 national elite triathletes and one



national juvenile triathlete, with long experience, training in a high altitude city (1650m). We compare VO₂max for female and male groups. We found differences in the VO₂max values for these groups. Additionally, we also found high values of VO₂max for these young elite triathletes despite their relative short age, but long sport age.

Key words: VO2max, triathlon, lactate, gas analyzer, gender

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