

## Physiological Testing

- **VO<sub>2</sub> max tests** with Blood Lactate analysis for cycling and running to determine your optimal training zones.
- Determination of resting, cycling, and running **Metabolic Rates** and ratios of fat to carbohydrate metabolism at different intensities
- **Blood Analysis** to determine nutritional deficiencies, hematocrit, cortisol levels, and testosterone levels

## Sport Efficiency Analysis and Improvement

- **Underwater Swim Stroke filming** and analysis to improve your stroke efficiency
- **Open Water Swim Clinic** lead by a professional triathlete (Summer and Fall camps only)
- **Spin Scan Analysis** to identify any dead spots or weaknesses in the pedal stroke and suggested exercises to improve cycling efficiency
- **Running Gait Analysis** and calisthenics clinic to improve your running efficiency and reduce your risk of running related injuries

## Education and Personal Consultations

- **Nightly Talks** from a pro-athlete, an exercise physiologist/cardiologist, and an elite coach
- **Personal Consultation** with you and your coach teaching you how to use your data to optimize your performance
- A **Take Home Booklet** outlining your personal physiological test results, your sport efficiency analysis with suggested exercises to improve weaknesses, and detailed descriptions of how to apply your data to training in order to improve your performance.

## Staff

### Molly Hummel

Camp Director. Director Durango Performance Center, Head Technician. Former Pro Triathlete, Professional Cyclist.

### Dr. Bruce Andrea

Cardiologist, Exercise Physiologist. Owner Durango Performance Center, Performance Cardiology.

### Michael Groaning, PhD

Director of Sports Science, Level 1 USAT Coach, Level 3 USAC Coach, USAT Certified Race Director

### Jesse Vondracek

Professional Triathlete. Experienced swim coach, running form and calisthenics coach.

## Location, Lodging, Meals

### Durango Colorado

Durango lies in the heart of the San Juan mountains with our lab located in the historic downtown area

**Lodging:** Includes 5 days / 4 nights at the Strater Hotel in downtown Durango

**Meals:** Breakfast and Dinner will be catered at the hotel with lunch usually on the go. If you have special dietary restrictions we will do our best to cater to your needs

**Travel:** Getting to Durango is not included in the price of the camp. We recommend flying into the Durango - La Plata County airport where we will pick you up

## Dates and Pricing

Refer to the website or give us a call for the most up-to-date information including a camp itinerary

## Reservations and Questions

Please call or e-mail us for reservations or questions

Space is limited so reserve your spot now!



1201 Main Avenue, Suite 205  
Durango, Colorado 81301  
Phone (970)403-0555

email:

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[www.durangoperformancecenter.com](http://www.durangoperformancecenter.com)

## Professional Athlete Testimonials

“The knowledge I have gained from physiological testing at Durango Performance Center has improved my metabolic efficiency as well as given me the numbers I need to train in my ideal zones in order to optimize my training. I would highly recommend testing to anyone who wants to get the most out of their training and see the results come race day.”

-Shonny Vanlandingham, Professional Triathlete

2010 XTERRA World Champion

2010 XTERRA U.S. National Champion

2009 XTERRA National Champion

“Knowing my Resting Metabolic Rate and my Metabolic Profile at different intensities has allowed me to easily achieve my ideal race weight as well as optimize my race day nutrition. Thanks Durango Performance Center.”

-Ben Hoffman, Professional Triathlete

2<sup>nd</sup> Ironman Lake Placid, 2011

1st Ironman Muncie 70.3, 2011

1st Ironman Boise 70.3, 2011

1st Ironman Lake Placid, 2010

“Working full time while racing as a professional means every minute of my training has to be productive. Blood lactate tests performed at Durango Performance Center have allowed me to make sure I am always where I need to be in training to get the most out of every second I have.”

-Jesse Vondracek, Professional Triathlete, Teacher

7<sup>th</sup> Mooseman 70.3, 2011

7<sup>th</sup> Ironman Louisville, 2010

9<sup>th</sup> Ironman Lake Placid, 2010

## Affiliations



Valdora Bikes



CERTIFIED COACH



SANCTIONED EVENT



CERTIFIED RACE DIRECTOR



CERTIFIED COACH

USAT sanctioned event #205932



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## Physiological Testing Camp

### Scientifically Optimize Your Training

Learn your exact blood lactate based training zones for cycling and running

Personal nutritional needs based on metabolic efficiency

Underwater swim stroke analysis

Running gait analysis

Spin Scan Analysis

Personal consults with you and your coach teaching you how to use your physiological data to optimize your training and nutrition

