

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
2nd 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
7th Mooseman 70.3, 2011
7th Ironman Louisville, 2010
9th Ironman Lake Placid, 2010

Staff

Dr. Bruce Andrea

Cardiologist and Exercise Physiologist. Owner of Durango Performance Center and Performance Cardiology.

Rotem Ishay

Director and Exercise Specialist at Durango Performance Center. Professional Cyclist and Cycling Coach.



Whether you are a serious endurance athlete or preparing for your first 5k run or Gran Fondo ride, our testing and consultation can **HELP YOU MAKE THE MOST OUT OF YOUR TRAINING!**

Durango
PERFORMANCE CENTER

Physiologic Testing Center for
Athletes and Coaches

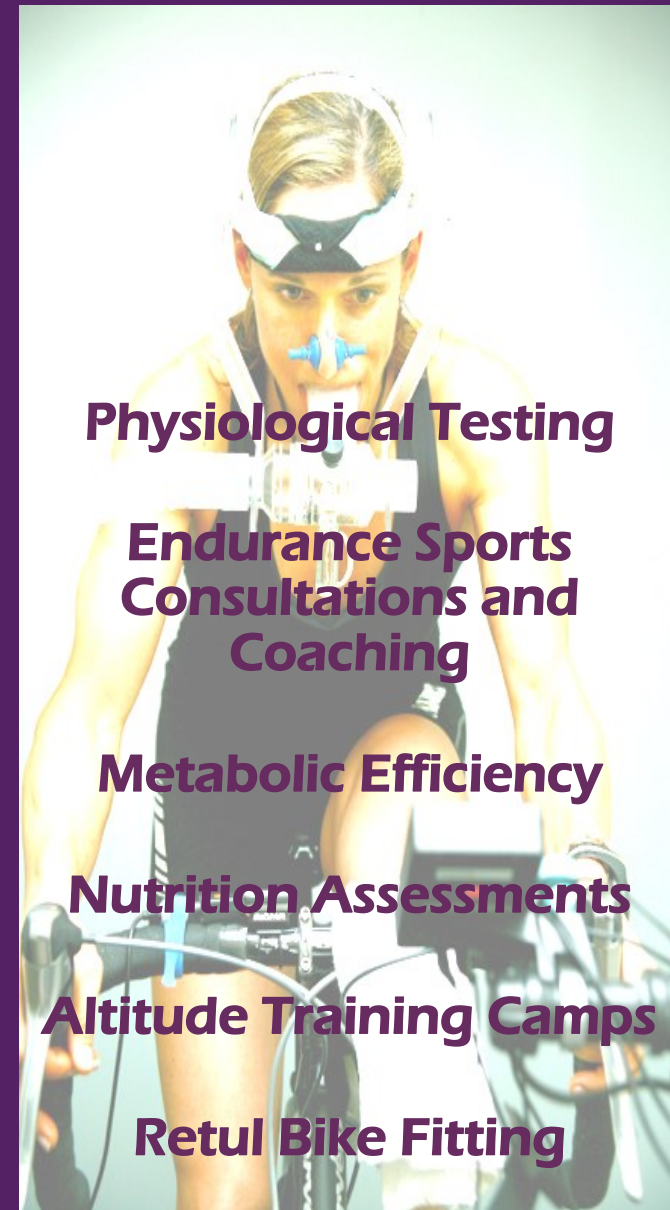


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**Physiologic Testing Center
for Athletes and Coaches**



Physiological Testing

**Endurance Sports
Consultations and
Coaching**

Metabolic Efficiency

Nutrition Assessments

Altitude Training Camps

Retul Bike Fitting

Retul Bike Fitting

If you are serious enough to clip in your pedals, you will benefit from a proper fit to your bike!

By using 3D motion capture technology and fitting expertise, you will enjoy:

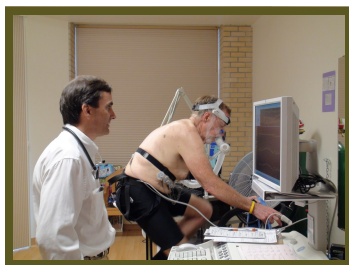
- **More comfort**
- **Optimized efficiency**
- **Increased power**

Road, mountain, triathlon, cyclo-cross, time trial bikes.



ECG Stress Test

The Electrocardiogram Stress Test, with or without echocardiography, is an important test particularly for active people over the age of 40 or those with any risk factors for coronary artery disease. The testing is also useful addressing pulmonary vascular behavior at altitude. This test can be performed by itself or incorporated with metabolic or lactate threshold testing for a comprehensive analysis of your body's response to activity



Medically supervised, with client follow up by Dr. Bruce Andrea MD, FACC

Metabolic Testing

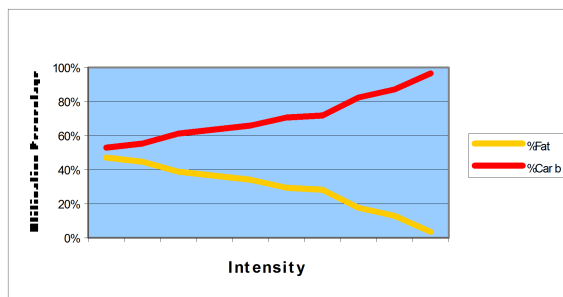
Exercise metabolic testing allows direct analysis of your energy expenditure during exercise, such as running or cycling. The test will inform how efficient you are in burning fats and carbohydrates at different intensities. Learn more about:

- Your personal "fat burning" training zone
- Appropriate pre and post workout nutrition
- Improving recovery from workouts

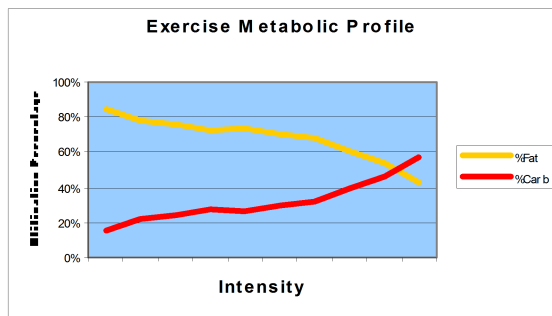
Metabolic Profile Example Case

(local pro cyclist, 4 months metabolic conditioning)

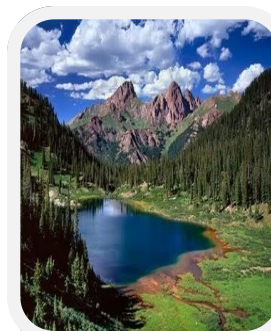
Before: heavy reliance on carbs from low intensity, no metabolic crossover = limited endurance fuel, increased fatigue, slower recovery, suppressed max efforts.



After: fat efficient, consistent increase in carb metabolism, metabolic crossover at threshold = reliable endurance fuel, faster recovery, increased maximal efforts.



Personalized Altitude Training Camps



The benefits of **high altitude training** are well known to endurance athletes. We offer the ideal conditions to help you or your team to reap the greatest benefits from shorter or longer

stays at altitude.

- **Personalized altitude training** plan is developed to fit your goals
- Training sessions are led by a local athletes
- **All logistics included** - lodging, airport pickup, meal catering, bike pack/unpack
- Receive **20% discount** on all our lab services during your stay (testing, coaching, bike fitting)

Contact us to plan your personalized high altitude training and testing camp



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