



METS Performance Consulting specialises in improving endurance athlete performance through access to affordable sport science testing, coaching and consulting services.

Traditionally, physiological testing has only been available to the elite or wealthy. METS Performance Consulting recognises this significant gap and understands the commitments recreational, amateur, age-group and sub-elite athletes put into their training and competition performances. As a result, we have created a Victorian-based company which provides elite level metabolic testing at the most affordable prices and easily accessible locations. We have the option to be completely mobile* - meaning we can come to you anywhere in Victoria completely free of charge. Our testing protocols and data accuracy is reliable, and our testing unit has been trailed and validated by the Australian Institute of Sport.

We offer services aimed at all athletes looking to improve their performances, as well as the general population looking to lose weight and lead a healthier lifestyle:

- **VO₂ max/submax testing:** Find out your current VO₂ max value along with your anaerobic threshold, power/speed thresholds, training zones, energy expenditure, maximum heart rate and lactate inflection point (optional).
- **Resting Metabolic Rate (RMR) testing:** Find out how many calories you burn at rest so you can develop a dietary program guaranteed to lose progressive, steady and healthy weight loss.
- **Performance Consulting:** Easy to understand consultation session which covers HOW to train and WHY you should use these methods. It covers everything you need to know in a single consultation to develop your own training program if you choose not to hire a coach.
- **Triathlon, cycling and running coaching:** Coaching designed specifically for you, based on your metabolic testing results, time commitments and goals.

- **3 month training programs:** Online program designed specifically for you using your unique physiological data, individual training zones, training history and goals.

METS strives to take the guess work out of training protocols and provide the most up to date, scientifically proven training methods to optimise competition performance and individual training goals. All testing, coaching and consultations will be conducted by Accredited Exercise Scientists who have obtained a minimum of a bachelor's degree in Exercise and Sports Science and gained membership with Exercise and Sport Science Australia (ESSA).

*mobile facilities available for group bookings of 5 or more hours. Booking durations of less than 5 hours must occur at the METS lab. Exceptions may apply for clubs and schools with appropriate facilities - email luke@metsperformance.com for more information.

METS Performance Consulting has partnered with the AFLUA to offer a special 20% discount to members. Further information on the types of services is available at www.metsperformance.com

Please use coupon code AFLUA to obtain 20% discount at time of booking. Online bookings can be made via the website or the direct link <https://app.acuityscheduling.com/schedule.php?owner=12661043&calendarID=724019>

This offer is valid until 30 June 2018.

