

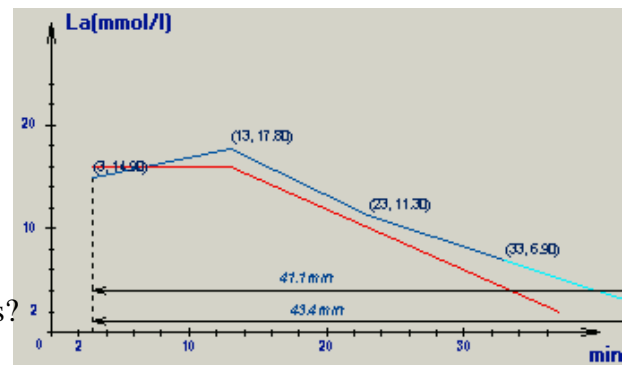
GLOBAL SPORT TECHNOLOGY (GST)

Lactate Clearance Test

Recovery is the most important training component. The faster you're recovering the higher workload volume and intensity you can do. We developed the **Lactate Clearance Test** to evaluate individual recovery.

Lactate Clearance assists answering the questions:

- How fast an athlete recovers?
- Is athlete overreached?
- Does athlete need rest?
- Can athlete increase workload volumes/intensities?
- How long is individual recovery?



Lactate Clearance will be offered at U.S. Masters Swimming Long Course Nationals for \$40 (three lactate tests)

Quotes about Dr. Genadijus Sokolovas services

Michael Phelps (14-times Olympic Gold Medalist): "Genadijus, You've Been Such a Huge Help!! Couldn't Do It Without You!!"

Dara Torres (5-times Olympian, multiple Olympic medalist): "Having Genadijus work with me throughout my comeback helped so much! Everyone kept telling me how perfect my stroke was, but underwater there were specific things that needed to be fixed. No one could see that until Genadijus tested me. The fact that Genadijus took the time to work on even the smallest of things helped me be the best I could be, and reach my goals, and for that I am extremely grateful."

Jason Lezak (3-times Olympian, multiple Olympic medalist): "Throughout my many years of working with Genadijus he has helped me in many ways. The lactate testing and analysis both at meets and practice taught me how to maximize my training and performance. Also the underwater video analysis with the velocity curve showed me how I could improve my stroke through the weaker points where my velocity significantly dropped."

If you want to schedule the Lactate Clearance Test, you may reach us at the Global Sport Technology, Inc: info@globsport.org, or gsokolovas@gmail.com or (719) 321-6975.