

Maximal and Submaximal Exercise Performance at Altitude

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FULCO CS, ROCK PB, CYMERMAN A. Maximal and submaximal exercise performance at altitude. *Aviat Space Environ Med* 1998; 69:793-801.

Background: Exercise performance data of numerous altitude research studies and competitive sporting events of the last four decades are reviewed. **Methods:** The primary focus is on the wide interindividual variation associated with maximal and submaximal exercise performance that occurs at different altitudes and for different periods of time at altitude. **Results:** Fitness level, pre-exposure resident altitude, gender, and duration of altitude exposure are qualitatively assessed to determine their contribution to the overall variability. Of these, pre-altitude exposure fitness level difference contributes the most variability and gender difference contributes the least. It is also determined that beginning at an altitude of 580 m, maximal aerobic power ($\dot{V}O_{2max}$) is reduced and does not improve with extended exposure as long as the individual's level of fitness level is not altered significantly by increases in activity, exercise training or by altitude-induced physical deterioration. Submaximal exercise performance is also impaired at altitude. **Conclusion:** By assessing the performance of elite athletes, who are performing at an "all-out" effort in precisely timed events for which they are trained, it is determined that: a) the magnitude of submaximal exercise impairment is proportional to both the elevation and exercise duration at a given altitude; and b) submaximal exercise performance at altitude can improve with continued exposure without an increase in $\dot{V}O_{2max}$. Muscle strength, maximal muscle power, and anaerobic performance at altitude are not affected as long as muscle mass is maintained. In addition, performance is not impaired in athletic activities that have a minimal aerobic component and can be performed at high velocity (e.g., sprints).

MAXIMAL AEROBIC POWER ($\dot{V}O_{2max}$) is a widely used performance index that is reproducible (63,67) and generally accepted as the single best measure of the functional limit of the combined respiratory and circulatory systems to deliver oxygen to active muscles and the ability of the muscles to use oxygen (4). Maximal aerobic power is therefore affected by any factor that alters any process or processes involved in the chain of oxygen transport and use. During an ascent to altitude, a person experiences a progressive decrease in atmospheric pressure which severely modifies the oxygen gradient between lung and muscle. As a consequence, $\dot{V}O_{2max}$ declines although submaximal oxygen uptake during submaximal effort remains independent of elevation (89,116). Expressed in relative terms, however, the submaximal oxygen uptake required now represents a greater fraction of the reduced $\dot{V}O_{2max}$. Thus submaximal exercise performance is also impaired at altitude with the greatest degradation in activities constrained by a time limit, such as a timed distance running event or in some military mission (e.g., a forced march). Although

a specific submaximal oxygen uptake may represent a fixed percentage of $\dot{V}O_{2max}$ at a given elevation, the magnitude of the performance decrement will not be constant but will vary in proportion to the duration of the activity. For example, at 2300 m elevation the run time for a 1500 m and 10,000 m race may be slowed by 2% and 8%, respectively, compared with the same distance run at sea level (22,91).

This review focuses on both maximal and submaximal exercise performance changes at various altitudes and for different periods of time at altitude. Data of numerous military and civilian field and hypobaric chamber research studies, and competitive sporting events conducted at altitude in the last four decades are reviewed to identify the potential sources of variability on exercise performance changes. The impact of factors such as aerobic fitness level, pre-exposure resident elevation, gender, and duration of altitude exposure are qualitatively assessed to determine their contribution to the overall exercise performance variability at altitude.

Maximal Aerobic Power ($\dot{V}O_{2max}$)

Fig. 1 illustrates the relationship of measured percent decline in $\dot{V}O_{2max}$ with increasing actual or simulated elevations (i.e., hypobaric chambers or hypoxic gas breathing). The wide range of mean percent decline in $\dot{V}O_{2max}$ at nearly all altitudes reflects variability due to differences in experimental design and procedures, and to physiological differences among subjects. Potential sources of variation between published altitude studies include differences in fitness levels, resident altitude prior to a study, gender, changes in level of physical fitness resulting from increased activity during the exposure, smoking status, motivation, age, hypoxic ventilatory response, presence or absence of altitude illnesses (e.g., acute mountain sickness), sample size, rate of as-

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Submaximal Exercise Volume1

Gerd Herold

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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