

# Maximal and Submaximal Exercise Performance at Altitude

CHARLES S. FULCO, Sc.D., M.A.T., PAUL B. ROCK, D.O., Ph.D.,  
AND ALLEN CYMERMAN, Ph.D., M.S.

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-

From the Thermal and Mountain Medicine Division, U.S. Army Research Institute of Environmental Medicine, Natick, MA.

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Address reprint requests to Charles S. Fulco, Sc.D., who is a research physiologist, Thermal and Mountain Medicine Division, U.S. Army Research Institute of Environmental Medicine, Natick, MA 01900-5007.

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# Submaximal Exercise Volume10

**David P. Swain,ACSM,Clinton A.  
Brawner**



## **Submaximal Exercise Volume10:**

**Epidemiologic Methods in Physical Activity Studies** I-Min Lee, 2009 This book provides information regarding epidemiologic methods used in studies of physical activity It is intended for use by students and researchers in physical activity and in public health and by researchers and professionals using physical activity data e g exercise physiologists and health economists Additionally those interested in physical activity and health who want to understand and appropriately interpret the results of physical activity studies e g physicians and journalists may also find the book useful **BOOK JACKET**

**ASPC Manual of Preventive Cardiology** Ezra A. Amsterdam, Nathan Wong, Ezra Amsterdam, MD, Roger Blumenthal, MD, FACC, FAHA, 2014-10-23 Endorsed by the American Society for Preventive Cardiology this highly practical resource focuses on the application of current guidelines and practice standards in the clinical management of cardiovascular risk factors The Manual presents concise descriptions of each major cardiovascular risk factor and practical to the point discussions of current best practices in clinical management In addition the Manual includes chapters on peripheral arterial disease stroke smoking contemporary cardiovascular imaging heart failure metabolic syndrome thrombosis nutrition special populations novel risk factors and psychosocial stress Throughout the Manual recommendations are based on the most recent prevention guidelines of the American College of Cardiology and American Heart Association including those on Risk Assessment Lifestyle Recommendations Blood Cholesterol and Obesity as well as the new guidelines on Hypertension Chapter authors are recognized leaders in each area of practice and special efforts have been made by the authors and editors to ensure that the content of all chapters is as up to date as possible **Key Features** Presents a highly practical focus on the application of current guidelines and practice standards regarding cardiovascular risk factors Recommendations based on the most recent prevention guidelines Authored by recognized leaders in the field Covers all major cardiovascular risk factors key methodologies in risk assessment and special issues regarding specific patient populations **Strength and Conditioning** Marco Cardinale, Robert Newton, Kazunori Nosaka, 2011-06-24 I recommend that you read and use the information in this book to provide your athletes with the best chances of performing at their best from the foreword by Sir Clive Woodward Olympic Performance Director British Olympic Association This book provides the latest scientific and practical information in the field of strength and conditioning The text is presented in four sections the first of which covers the biological aspects of the subject laying the foundation for a better understanding of the second on the biological responses to strength and conditioning programs Section three deals with the most effective monitoring strategies for evaluating a training program and establishing guidelines for writing a successful strength and conditioning program The final section examines the role of strength and conditioning as a rehabilitation tool and as applied to those with disabilities This book is an invaluable textbook and reference both for academic programs and for the continuing education of sports professionals Integrates the latest research on physiological anatomical and biomechanical aspects of strength and

conditioning Offers numerous practical examples of applications Provides guidelines for writing and monitoring effective strength training programs      **Cardiovascular Adjustments and Adaptations to Exercise: From the Athlete to the Patient**

Antonio Crisafulli, Massimo Piepoli, Dick H.J. Thijssen, Pier Paolo Bassareo, 2020-04-02      *Fitness Trainer Essentials*

*For the Personal Trainer 4e* Tony Attridge, Martin Felice, Kirsten Fagan, 2023-12-01 Fitness Trainer Essentials 4e has been written for students undertaking the SIS40221 Certificate IV in Fitness qualification studying to become personal fitness trainers The text contains all core and popular elective units to support a range of fitness specialisations Fitness Trainer Essentials 4e provides the knowledge to support students to be able to develop instruct and evaluate personalised exercise programs for generally healthy and low risk clients and to achieve specific fitness goals With new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices As with the previous edition Fitness Trainer Essentials 4e assumes that the reader has acquired the Certificate III in Fitness qualification and therefore the Fitness Trainer Essentials 4e is used as an advancement on the Certificate III in Fitness qualification      Rehabilitation of Sports Injuries Walter R. Frontera, 2008-04-15 Rehabilitation is by definition the

restoration of optimal form and function for an athlete In this edition in the Encyclopedia series the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs alongside therapeutic measures such as anti inflammatories and other pain killing agents This might also begin before or immediately after surgery The rehabilitative process is therefore managed by a multi disciplinary team including physicians physiotherapists psychologists nutritionists and athletic trainers amongst others This book considers the three phases of rehabilitation pain relief protection of the affected area and limitation of tissue damage limitation of impairment and recovery of flexibility strength endurance balance and co ordination and finally the start of conditioning to return to training and competition      *ACSM's Resource Manual for*

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years Clinical Exercise Testing has become an increasingly important tool for patient evaluation in clinical medicine due to a growing awareness of the limitations of traditional resting cardiopulmonary measurements Emphasizing scientific and technological advances and focusing on clinical applications for patient diagnosis and management this volume provides a comprehensive interdisciplinary review of clinical exercise testing concentrating on Cardiopulmonary Exercise Testing CPET

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Kirkendall, 2000 Written by experts in exercise physiology exercise science and biomechanics this volume focuses specifically on exercise science in relation to athletic performance and to the diagnosis management and prevention of athletic injuries The text is logically organized into sections on energy metabolism exercise physiology organ system responses to exercise general concerns in applied exercise science sports biomechanics and applied sports physiology The biomechanics and sports physiology sections focus on particular sports to determine specific diagnosis and treatment aspects The book also includes chapters on exercise in children and the elderly environmental influences on physical performance overtraining chronobiology and microgravity      **Equine Sports Medicine and Surgery E-Book** Kenneth W Hinchcliff, Andris J.

Kaneps, Raymond J. Geor, 2013-07-01 Equine Sports Medicine and Surgery provides the most up to date in depth coverage of the basic and clinical sciences required for management of the equine athlete The unique treatment of exercise physiology and training within a clinical context together with detailed review of all diseases affecting athletic horses makes this the most comprehensive text available The book will provide a thorough grounding in the basic physiology of each body system and in particular the responses of each body system to exercise and training that will be separate but highly relevant to the succeeding sections on clinical disorders of each body system The highly respected editors have brought together an internationally renowned team of 50 contributors producing the ultimate reference for veterinarians students horse owners and all those involved in the world of equine athletics High quality artwork including relevant radiographic ultrasonographic CAT scan and MRI images aid understanding and diagnosis Provides a truly international perspective including guidelines pertinent to different geographic areas and racing jurisdictions In depth coverage of the role of the veterinarian in the management of athletic horses Explores the use of complementary therapies      **Diastology E-Book** Allan L. Klein, Mario J. Garcia, 2008-05-07 This reference thoroughly equips you to successfully diagnose and manage even the most complex incidences of diastolic heart failure and their comorbidities It examines the basic mechanisms of this condition through

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Children's Exercise Physiology  
Filipe Manuel Clemente, Luca Paolo Ardigo, Wook Song, Matthieu E. M. Lenoir, Luis Paulo Rodrigues, Hermundur Sigmundsson, 2020-06-22

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Mark A. Harrast, Jonathan T. Finnoff, 2021-10-25 This book is a concise high yield review book for anyone preparing for the sports medicine board examinations Having personally used the second edition the third edition s updated information and the addition of rationales and explanations for answers to the practice test will be especially useful for the studying practitioner Doody s Review Service 4 stars Now in its third edition Sports Medicine Study Guide and Review for Boards continues as the leading review text offering a focused survey of non surgical sports medicine topics Updated throughout to reflect current sports science protocols and practice this book covers all topics related to and found on the Sports Medicine CAQ examination Written in outline format for targeted review the book serves as a primary study tool for candidates preparing for initial certification or recertification as well as those wanting to supplement their training in sports medicine Organized according to the exam blueprint with topics weighted to reflect their emphasis on the test sections cover all subject areas found on the boards including basic science and general procedures health promotion and preventative aspects emergency assessment and care and diagnosis management and treatment for the full range of sports related injuries and conditions A final sub section on emerging topics in the field includes chapters on regenerative medicine sports ultrasound and a newly added chapter on exercise as medicine The book also contains a practice test of over 260 questions new to this edition with an answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards Loaded with high yield facts throughout this proven resource is fit for any student trainee or clinician preparing for boards MOC or in training exams

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