



The Performance Profile Guide

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01 Overview

Most training advice is built on population averages. The Performance Profile is built on you (aerobic capacity, thresholds, how your body uses fuel, and how you move) all measured in one visit and turned into zones you can train by.

Like everything we do, it's grounded in our RENEW™ Method, here, the focus is exercise and recovery; how hard to train, and how well you bounce back.

It's for runners, cyclists, triathletes, lifters and anyone training toward a goal.

At a glance

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- **Your Performance Profile:** One visit, about 2–3 hours
 - **Your care team:** Our exercise physiologist and our Doctor of Athletic Training (DAT)
 - **After your visit:** One month of Nomad portal access, plus PDF results to download and keep
 - **You leave with:** Personal training zones, your thresholds, fuel profile, a body-composition report and a corrective exercise plan
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02 Before your visit

What we gather first

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- **Your goals:** Athletic focus, target competitions, and primary objectives
 - **Your training:** Current load, effort levels, and recent progression
 - **Injuries and limitations:** Physical considerations prior to maximal exertion testing
 - **Treadmill or bike:** Testing aligned to your specific discipline so zones translate directly
 - **How to prepare:** Guidelines for nutrition, caffeine, fluids, rest, and workout stress to ensure data precision
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03 Your Performance Profile

Your Performance Profile requires 2–3 hours, fully tailored to fit your specific athletic discipline.

Combined metabolic profile, guided by our exercise physiologist

Progressive step protocol on treadmill or bike while equipped with breath-by-breath gas analysis equipment.

- **VO2max:** Peak aerobic capacity compared against age and sex-matched norms
- **Ventilatory thresholds** are the effort levels where your breathing and fuel use shift, which mark your sustainable and high-intensity ranges
- **FatMax** is the intensity where you burn the most fat, and how your reliance on carbohydrate changes as effort climbs
- **Heart-rate, power and pace mapping** is how your body responds at every workload

Your blood-lactate step test

A staged test where effort rises in steps, with a small fingertip blood sample at each stage.

- **LT1:** your aerobic threshold, with an easy, all-day pace
- **LT2:** your higher threshold, roughly the hardest effort you can hold for an extended period
- **Lactate training zones** are for power, pace and heart rate

Your body-composition scan

A SECA bioimpedance scan which records body fat, lean mass, skeletal muscle and visceral fat, including left-to-right balance.

Your clinical movement assessment, with our Doctor of Athletic Training (DAT)

A 60-minute session looking at how you move, with a focus on your sport.

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- Any current pain, past injuries and sport-specific concerns
 - Joint mobility and range of motion for your sport
 - How you squat, hinge, lunge, push, pull, run and balance on one leg
 - Strength differences between your left and right sides
 - Training load and recovery
 - Corrective exercises for anything that's holding you back
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Your results consultation

We go through every result with you: what it shows, how it compares, and how it should change your training.

04 What you leave with

After your visit

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- **Your training zones:** heart-rate, power and pace targets from both your breathing and lactate data, ready to put into your watch or bike computer
 - **Your thresholds:** VO2max, LT1, LT2 and your ventilatory thresholds, explained
 - **Your fuel profile:** where you burn the most fat, and when your body switches to carbohydrate
 - **Your body-composition report:** body fat, lean mass, muscle and left-to-right balance from your scan
 - **Your corrective exercise plan:** from your clinical movement assessment
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- **One month of Nomad portal access:** every result from your visit in one place on your phone
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05 Want more? Upgrade to Longevity

LONGEVITY MEMBERSHIP

\$2,470 / year

For athletes who want a plan for their long-term health and training, the Longevity Membership takes your numbers further.

- **Primary care** with our Medical Director Dr. Gezen all year
- **Your Longevity Comprehensive Physical:** one full day, one-on-one with our whole team
- **Your Longevity Roadmap:** every result brought into one 12-month plan with measurable targets
- **A clinical written nutrition plan** built around your training and body composition goals
- **Annual exercise programming** reviewed and progressed with you throughout the year
- **A Professional Medical Executive Summary** mailed to your home after your visit
- **15% off** additional services and testing during the year
- **Optional visits** every quarter to re-test VO2max, body composition and movement, and adjust your plan

06 What's included & pricing

Performance Profile
\$500 one visit

BEFORE YOUR VISIT

- Pre-visit goals and training review
- Preparation instructions

YOUR TESTING

- Combined metabolic profile: VO2max, ventilatory thresholds and FatMax
- Blood-lactate step test with LT1 and LT2
- SECA body-composition scan

MOVEMENT

- Clinical movement assessment with our Doctor of Athletic Training (DAT)
- Corrective exercise plan

YOUR RESULTS

- Results consultation
- Personal heart-rate, power and pace zones
- Retest recommendation
- One month of Nomad portal access

Ready to see your
real numbers?

Call us at [\(434\) 473-1277](tel:434-473-1277) and we'll get you scheduled.
You can also reach us at healthy@nomaddlc.com or
visit nomaddlc.com.

Exercise programming is not included. Tests are chosen and adjusted based on your readiness and a safety screening. Nomad services are not insurance.



Creating health, not chasing sickness.SM

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