

# The Comparison between Two Aerobic Capacity Tests on VO<sub>2</sub>max in Ultramarathon Runners

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Ultramarathons  
and VO<sub>2</sub>Max

What are Ultramarathons?  
Aerobic Capacity Performance Testing

Methodology  
and Participants

18+  
Two VO<sub>2</sub>Max Protocols with Parvo Metabolic Cart

Discussion and  
Conclusion

Results  
Practical Application