

Third Coast Training

Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	100	135	1.53
2	130	148	1.90
3	160	160	2.98
4	190	176	5.13
5	220	188	8.54
6	250	194	12.40
7			
8			
9			

SUMMARY			
WEIGHT (kg)	85.45	TOTAL TIME (min)	14:30:00
HEIGHT (in)	69	RPM	85
HR _{peak} (bpm):	194	STAGE TIME (min)	3
W _{L2}	135	LAST STAGE COMPLETED	5
W _{L4}	175	AT (w)	195
W _{peak}	250	AT (W/kg)	2.28

Client reached muscle failure (not able to maintain rpm)

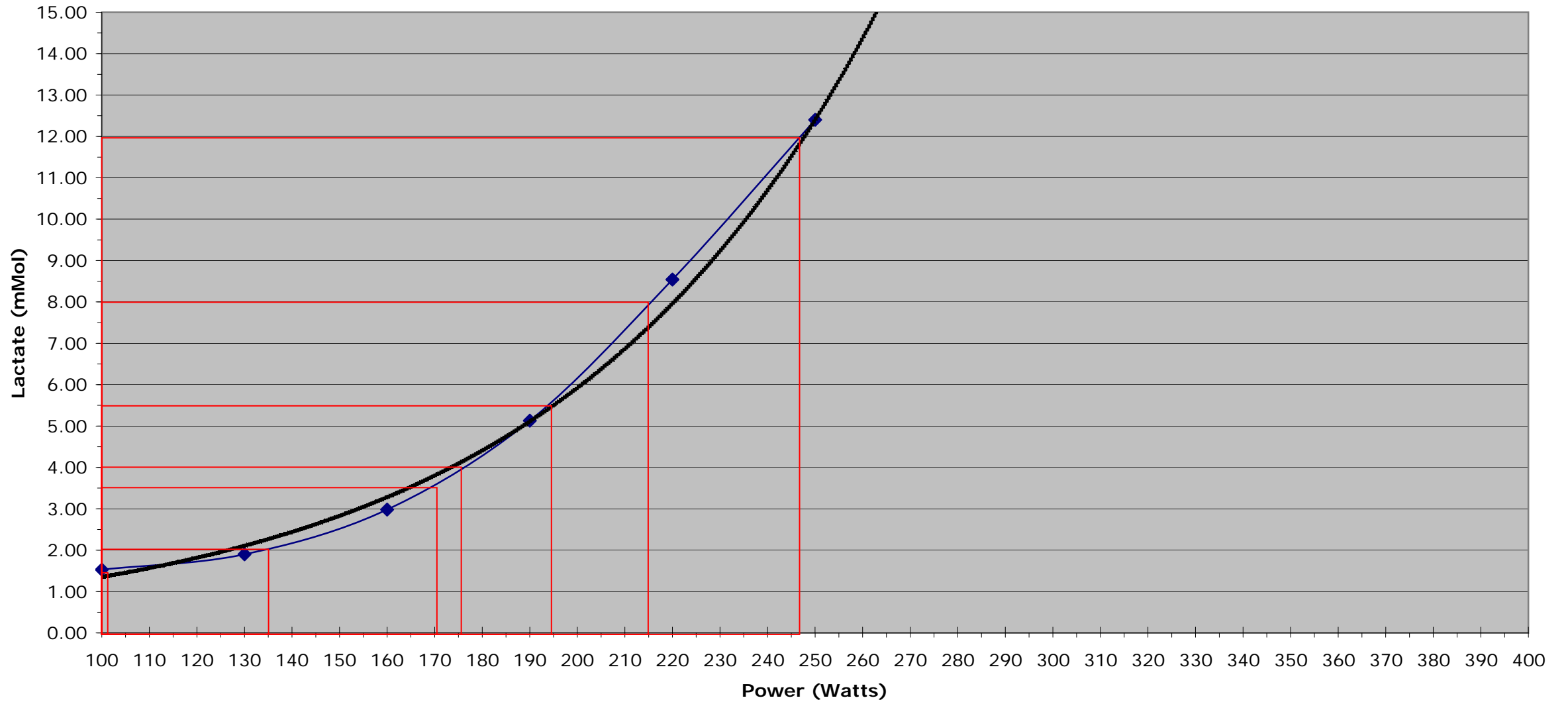
POWER TRAINING ZONES	
WATTS	
Zone 1	100-135
Zone 2	135-170
Zone 3	170-195
Zone 4	195-215
Zone 5	215-245

1.0-2.0
2 - 3.5
3.5- 5.5
5.5-8
8-12'

* refer to online data for heart rate zones

Lactate vs Power

$R^2 = 0.9885$



HR vs Lactate

