

Third Coast Training

Cycling VO2 & Lactate Assessment

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Date: 13. Nov 09



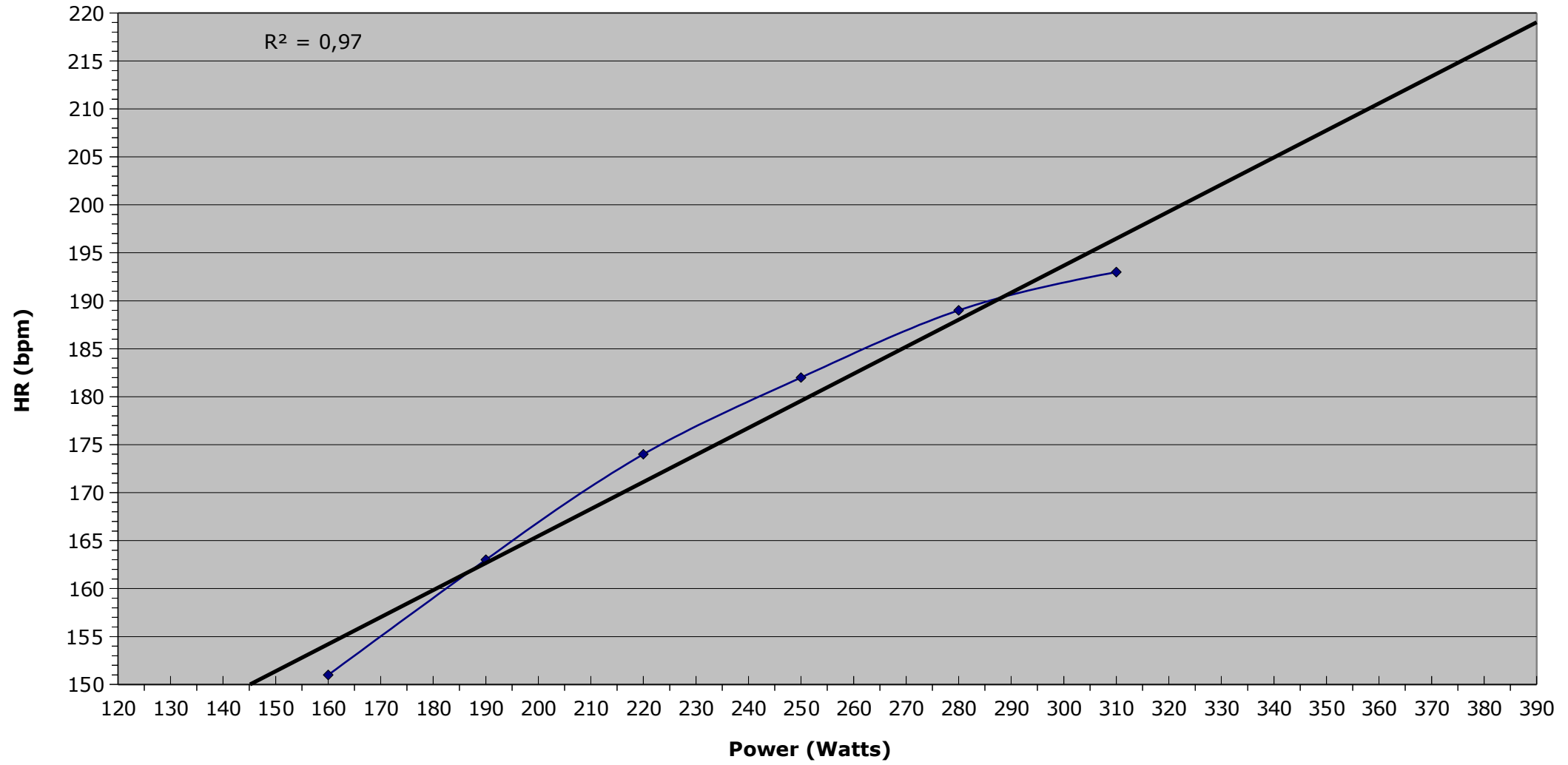
ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate (bpm)	Lactate (mMol)
1	160	151	1,52
2	190	163	2,02
3	220	174	2,96
4	250	182	4,76
5	280	189	8,03
6	310	193	14,1
7			
8			
9			

SUMMARY			
WEIGHT (kg)	72,73	TOTAL TIME (min)	18:00:00
HEIGHT (in)	71	RPM	90-95
HR_{peak} (bpm):	193	STAGE TIME (min)	3
W_{L2}	190	LAST STAGE COMPLETED	6
W_{L4}	240	AT (w)	300
W_{peak}	310	AT (W/kg)	4,13

POWER TRAINING ZONES	
WATTS	
Zone 1	200-240
Zone 2	240-265
Zone 3	265-300
Zone 4	300-330
Zone 5	330-365

* refer to printout for heart rate zones

HR vs Lactate



Lactate vs Power

