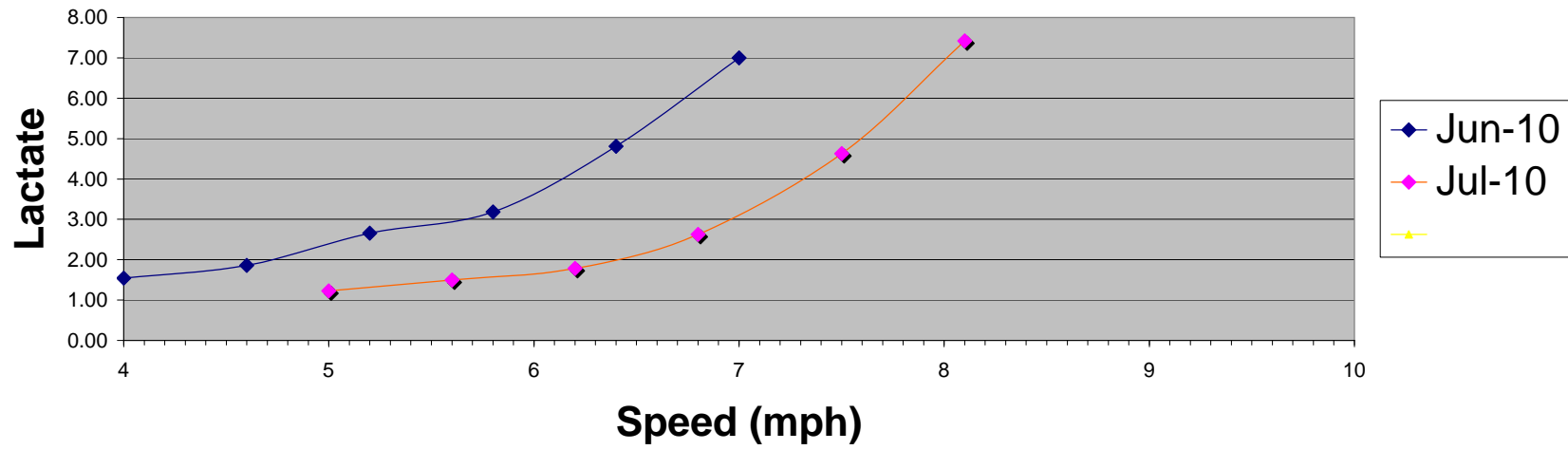


April Thomson



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: April Thomson

Date: 30 JULY 2010'

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	123	1.23
2	5.6	10:43	140	1.50
3	6.2	9:41	151	1.78
4	6.8	8:49	162	2.63
5	7.5	8:00	172	4.63
6	8.1	7:24	175	7.42
7				
8				
9				
10				

SUMMARY

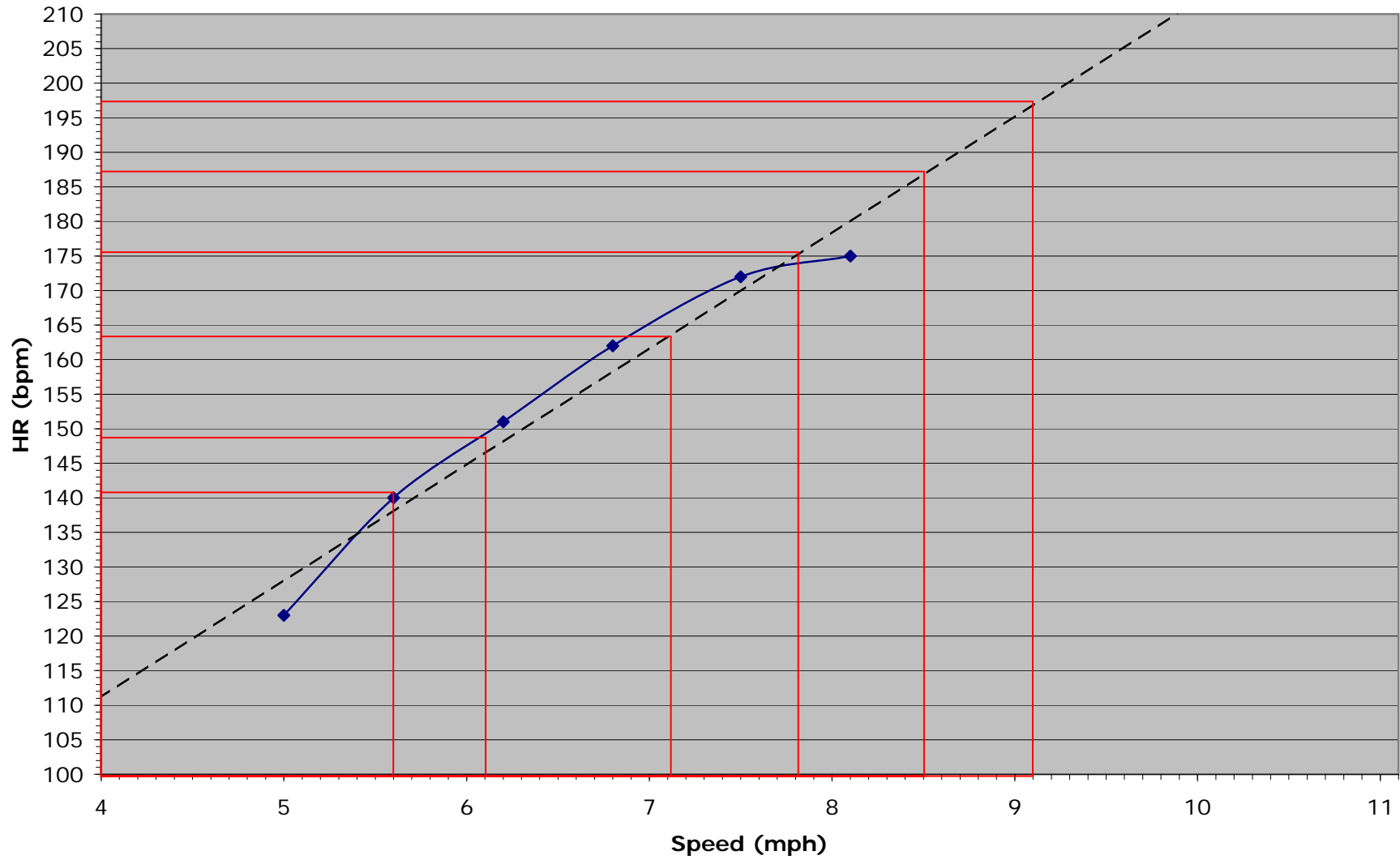
V_{L2}	6.1	WEIGHT (kg)	60.45	TOTAL TIME (min)	17:30'
V_{L4}	7.3	HEIGHT (in)	65	MAX HR (bpm)	175
AT (V)	7.2	Grade (%)	2	VO2 Peak (ml/kg/min)	45.8
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	6

SPEED TRAINING ZONES

	Speed (mph)	Min/mile
Zone 1	5.6 - 6.1	10:43 - 9:50
Zone 2	6.1 - 7.1	9:50 - 8:27
Zone 3	7.1 - 7.8	8:27 - 7:42
Zone 4	7.8 - 8.5	7:42 - 7:04
Zone 5	8.5 - 9.1	7:04 - 6:36

HR vs Speed

$R^2 = 0.9596$



Lactate vs Speed

$y = 0.0556e^{0.5875x}$
 $R^2 = 0.9614$

