

# Third Coast Training

## Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	190	117	1.78
2	220	127	2.68
3	250	137	4.67
4	280	147	7.82
5			
6			
7			
8			
9			

SUMMARY			
<b><math>W_{L2}</math></b>	195	<b>RPM</b>	90
<b><math>W_{L4}</math></b>	240	<b>STAGE TIME (min)</b>	3
<b><math>W_{peak}</math></b>	280		
<b>AT (w)</b>	275	<b>AT (W/kg)</b>	3.76

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	120-195
Zone 2	195-225
Zone 3	225-245
Zone 4	245-275
Zone 5	275-300

\* refer to printout or online data for heart rate zones