

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: **Ben Proko**
 Weight (lbs) **160**
 Date: **6 July 2011'**



ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	180	125	1.81
2	210	137	2.07
3	240	151	3.05
4	270	164	4.80
5	300	175	9.06
6			
7			
8			
9			
10			

SUMMARY

Watts			
V_{L2}	210	STAGE TIME (min)	3
V_{L4}	260	RPM	80
AT (V)	265	AT (W/kg)	3.64
Peak (V)	300	pVO2 Peak	4.13

POWER TRAINING ZONES

WATTS	
Zone 1	180 - 195
Zone 2	195 - 225
Zone 3	225 - 260
Zone 4	260 - 270
Zone 5	270 +

Power Output Notes:

Lactate Value on last stage needs to be at 10mmol or higher for indication of good glycogen storage. Power at VO2 Peak needs to be improved to make room for base and AT to grow. I recommend a wingate assessment to determine if your limiter is Peak Power. If so, strength training is recommended. Your power at VO2 peak falls in the Good range. To determine your complete cycling power profile I recommend a Wingate assessment to determine your training needs. Is it a fueling or power problem?

Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	300		
Anaerobic Threshold	265	240	255
Aerobic Threshold	210	195	210

Cycling Power Profile

Based on Peak Power (Wingate)

Test	WATTAGE	
	Actual	Ideal
30s Wingate	0	
VO2 Peak		0
Anaerobic Threshold		0
Aerobic Threshold		0

Third Coast Training - pVO2 Peak Cycling Standards

	Male	Female
Poor	<3.0 W/kg	<2.5 W/kg
Average	3.0 - 4.0 W/kg	2.5 - 3.5 W/kg
Good	4.0 - 5.0 W/kg	3.5 - 4.5 W/kg
Very Good	5.0 - 5.5 W/kg	4.5 - 5.0 W/kg
Excellent	5.5+ W/kg	5.0+ W/kg