

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: **Ben Proko**

Date: **6-Jul-11**

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	7	8:34	145	1.80
2	7.5	8:00	153	1.89
3	8	7:30	162	2.22
4	8.5	7:04	169	2.56
5	9	6:40	175	3.58
6	9.5	6:19	180	4.63
7	10	6:00	185	7.51
8				
9				
10				

Power Output Notes

Based on your peak power output your ceiling has been met for your base. Your AT has a little room for improvement. Your speed at Peak needs to be improved so your Base and AT will have room to grow. Your last lactate value needs to reach 10mmol for the final stage. Reaching higher levels at the end is an indication of good glycogen storage. Lower levels indicate the need to improve glycogen recovery. This can be done by fuel management and adjusting training schedule for added recovery.

SUMMARY

	Speed MPH	Min/mile
V _{L2}	7.7	7:48
V _{L4}	9.3	6:27
AT (V)	8.4	7:09
Peak (V)	10	6:00

Grade (2%)
STAGE TIME (3 min)

Power Output

Test	Speed	
	Actual	Ideal Based on Peak
VO ₂ Peak	10	
Anaerobic Threshold	8.4	8.0 8.5
Aerobic Threshold	7.7	6.5 7.0

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	4.2 - 6.4	14:17 - 9:23	6.72 - 10.24
Zone 2	6.4 - 7.2	9:23 - 8:20	10.24 - 11.52
Zone 3	7.2 - 7.7	8:20 - 7:48	11.52 - 12.32
Zone 4	7.7 - 8.4	7:48 - 7:09	12.32 - 13.44
Zone 5	8.4 - 9.4	7:09 - 6:23	13.44 - 15.04