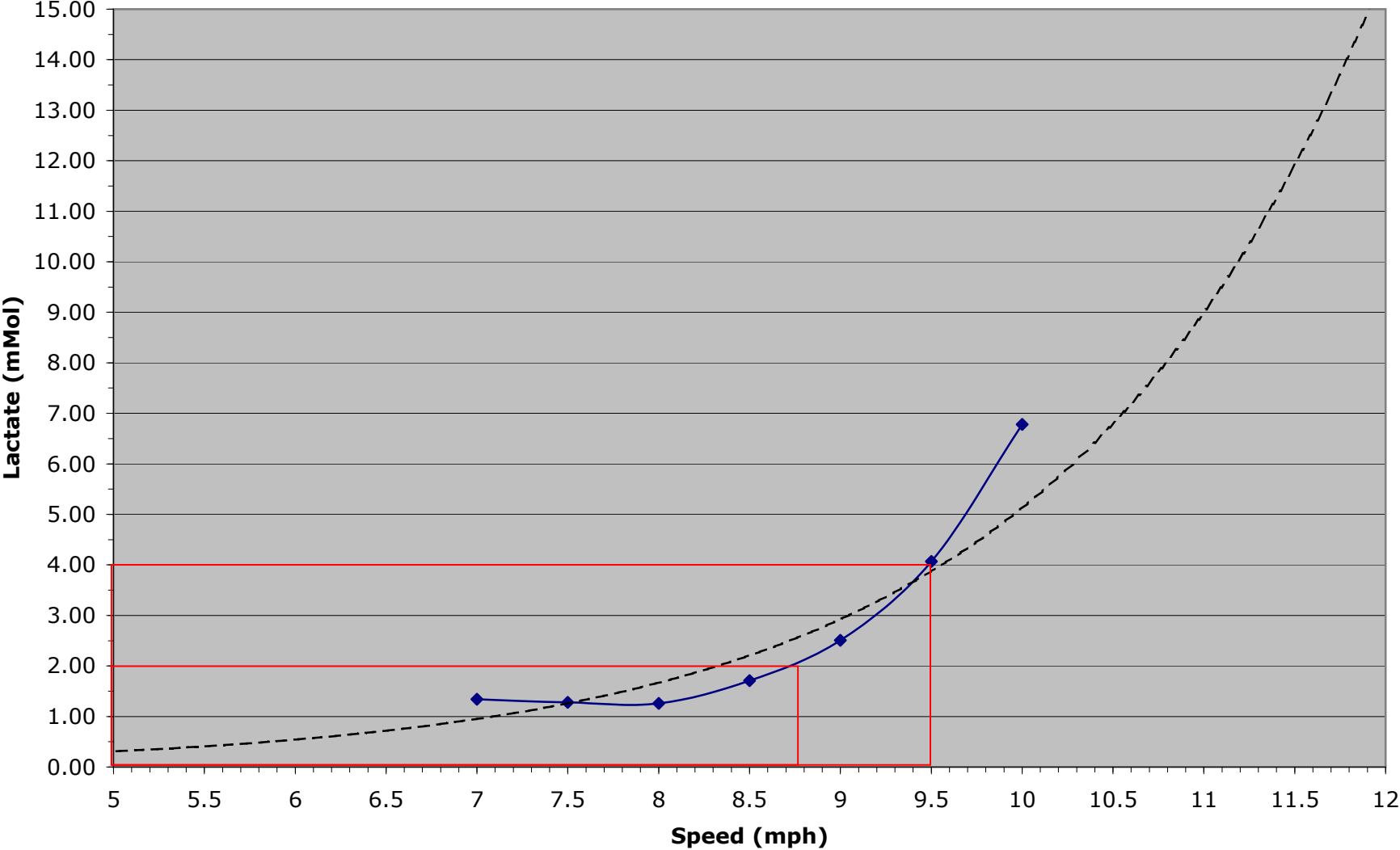


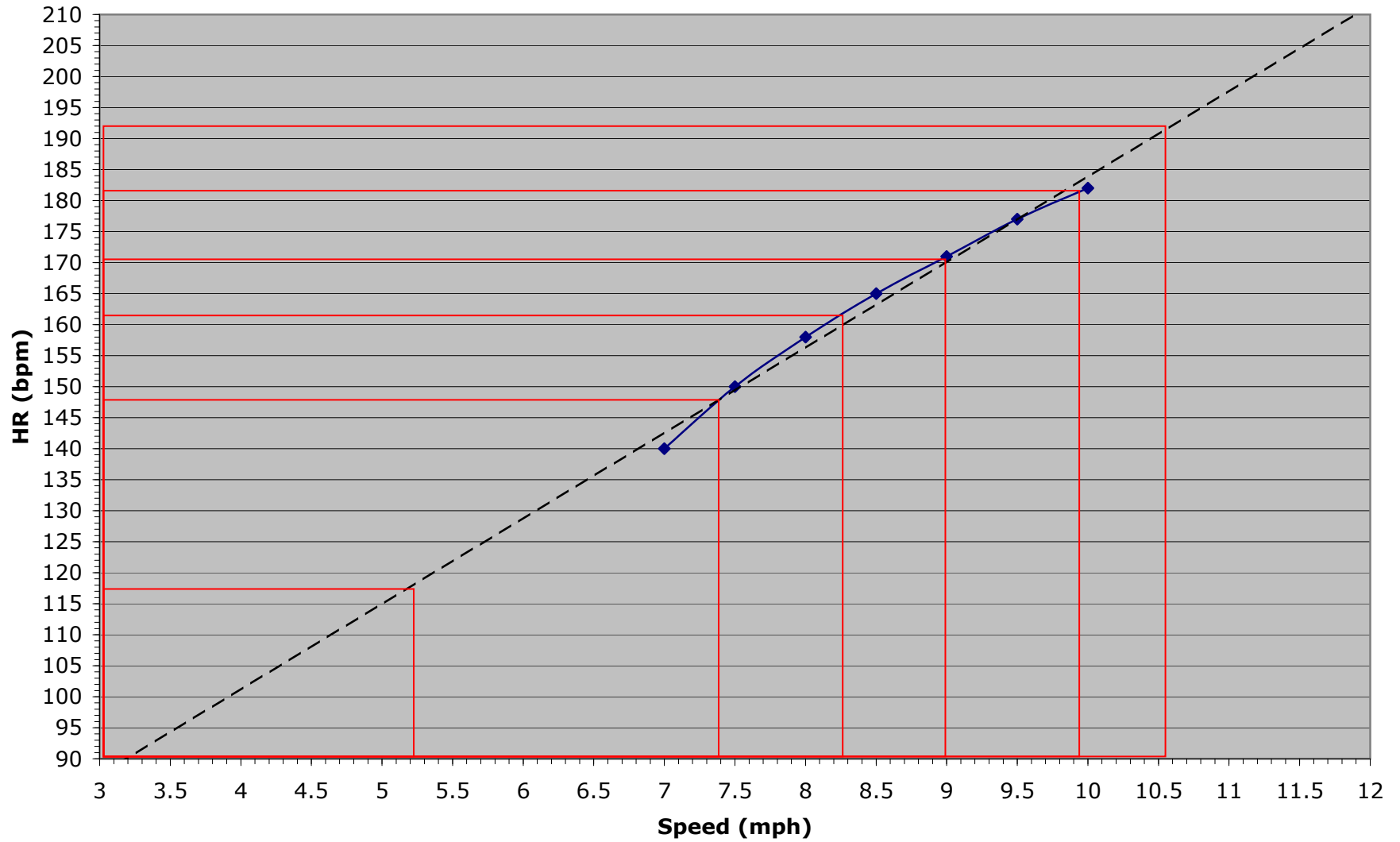
Lactate vs Speed

$R^2 = 0.8581$



HR vs Speed

$R^2 = 0.9873$



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Ben Proko

Date: 17-May-11

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	7	8:34	140	1.34
2	7.5	8:00	150	1.28
3	8	7:30	158	1.26
4	8.5	7:04	165	1.71
5	9	6:40	171	2.51
6	9.5	6:19	177	4.07
7	10	6:00	182	6.78
8				
9				
10				

SUMMARY

V_{L2}	8.7	Grade (%)	2.00		
V_{L4}	9.5	STAGE TIME (min)	3:00		
AT (V)	9.9				

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	5.2 - 7.4	11:32 - 8:06	8.32 - 11.84
Zone 2	7.4 - 8.3	8:06 - 7:14	11.84 - 13.28
Zone 3	8.3 - 9	7:14 - 6:40	13.28 - 14.4
Zone 4	9 - 9.9	6:40 - 6:04	14.4 - 15.84
Zone 5	9.9 - 10.5	6:04 - 5:43	15.84 - 16.8