

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Bill Blackwell

Date: 30-Dec-09



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	100	114	1.09
2	130	120	0.97
3	160	127	1.17
4	190	134	1.85
5	220	143	3.04
6	250	152	5.01
7	280	163	7.32
8			
9			

SUMMARY			
WEIGHT (kg)	142.73	TOTAL TIME (min)	20:40:00
HEIGHT (in)	73	RPM	80
HR_{peak} (bpm):	163	STAGE TIME (min)	3
W_{L2}	195	LAST STAGE COMPLETED	7
W_{L4}	235	AT (w)	260
W_{peak}	280	AT (W/kg)	1.82

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	150-190
Zone 2	190-230
Zone 3	230-260
Zone 4	260-280
Zone 5	

* refer to printout or online data for heart rate zones