

# 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			

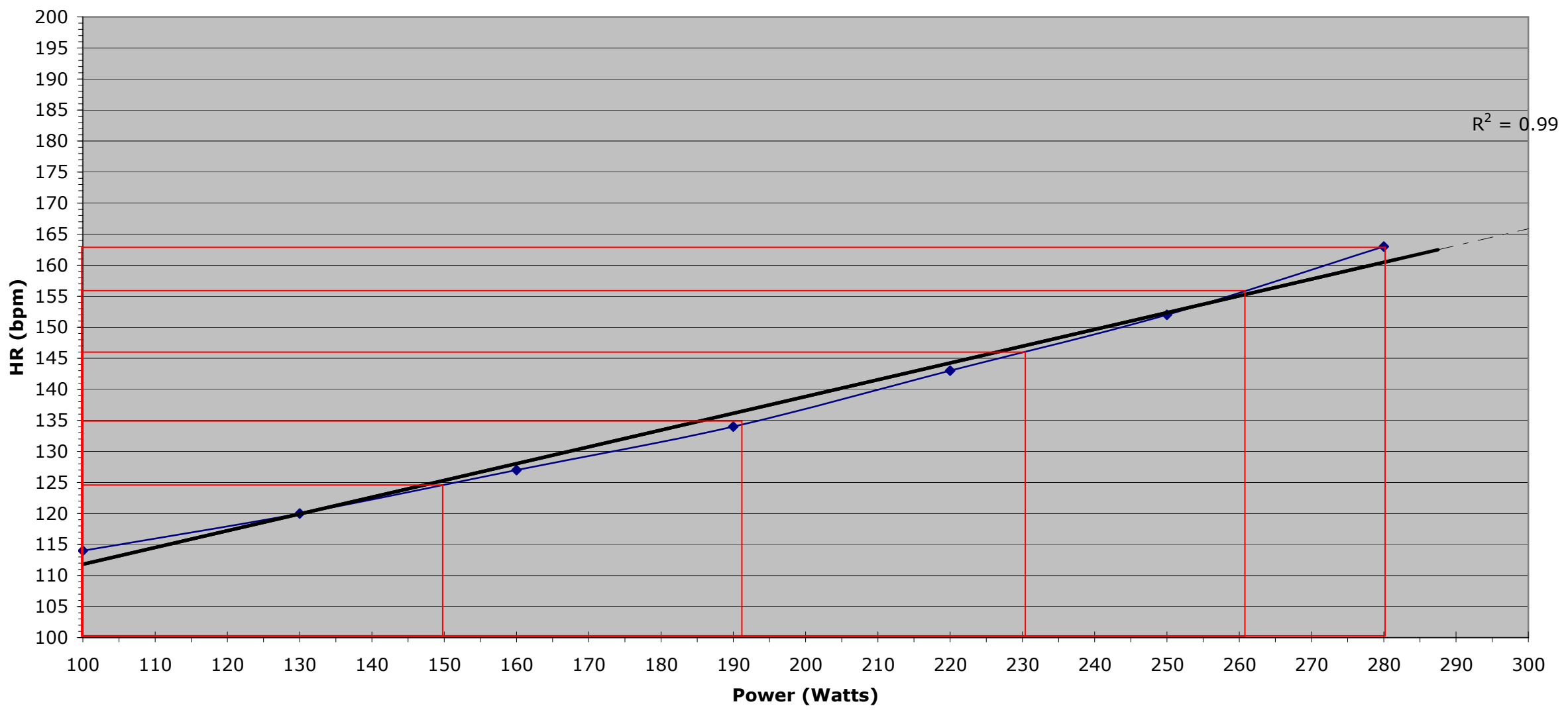
SUMMARY			
<b>WEIGHT (kg)</b>	142.73	<b>TOTAL TIME (min)</b>	20:40:00
<b>HEIGHT (in)</b>	73	<b>RPM</b>	80
<b>HR<sub>peak</sub> (bpm):</b>	163	<b>STAGE TIME (min)</b>	3
<b>W<sub>L2</sub></b>	195	<b>LAST STAGE COMPLETED</b>	7
<b>W<sub>L4</sub></b>	235	<b>AT (w)</b>	260
<b>W<sub>peak</sub></b>	280	<b>AT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

Client reached muscle failure (not able to maintain rpm)

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

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

# HR vs Lactate



# Lactate vs Power

