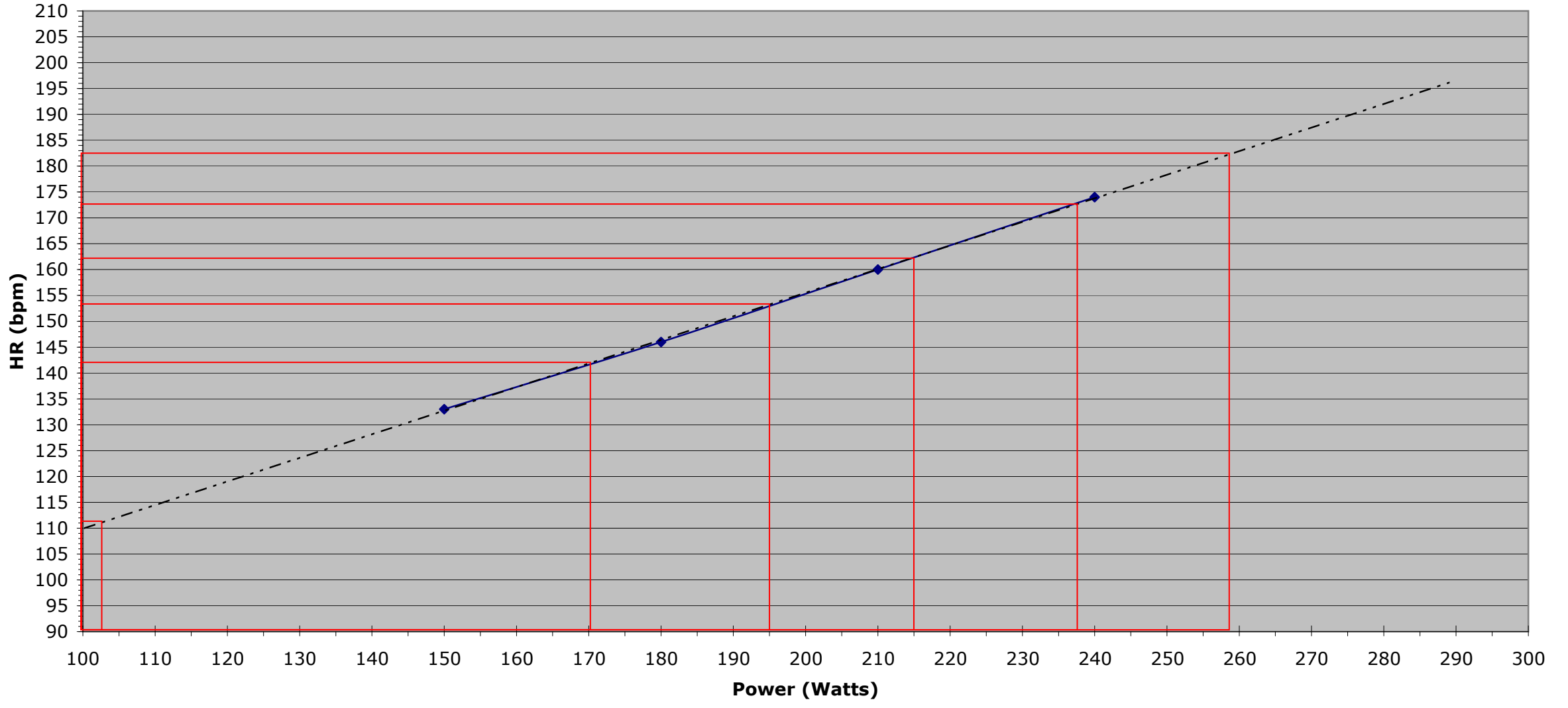


HR vs Lactate

$R^2 = 0.9997$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Chris Dolence

Date: 29 April 2011'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	150	133	2.13
2	180	146	3.68
3	210	160	6.37
4	240	174	9.74
5			
6			
7			
8			
9			

SUMMARY			
W_{L2}	150	RPM	90
W_{L4}	185	STAGE TIME (min)	3
W_{peak}	240		
AT (w)	235	AT (W/kg)	3.40

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	100-170
Zone 2	170-195
Zone 3	195-215
Zone 4	215-235
Zone 5	235-260

* refer to printout or online data for heart rate zones

Lactate vs Power

$R^2 = 0.9965$

