

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Colleen Kelso

Date: 11 June 2010



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	80	111	1.07
2	100	123	1.29
3	120	132	1.77
4	140	142	2.59
5	160	153	3.97
6	180	158	6.75
7			
8			
9			

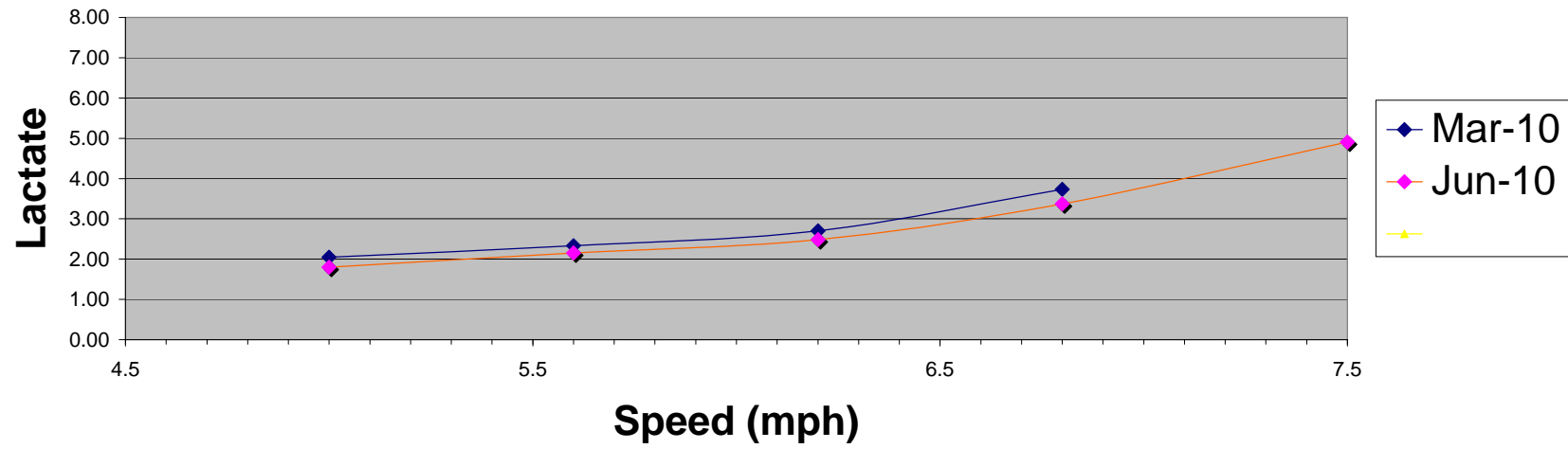
SUMMARY			
WEIGHT (kg)	58.18	TOTAL TIME (min)	18:00:00
HEIGHT (in)	65	RPM	90
HR _{peak} (bpm):	158	STAGE TIME (min)	3
W _{L2}	125	LAST STAGE COMPLETED	5
W _{L4}	160	AT (w)	170
W _{peak}	180	AT (W/kg)	2.92

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	110-125
Zone 2	125-155
Zone 3	155-170
Zone 4	170-195
Zone 5	195-215

* refer to printout or online data for heart rate zones

Colleen Kelso



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THRESHOLD VO₂ MAX INFORMATION

Name: Colleen Kelso

Date: 11 JUNE 2010'

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	140	1.80
2	5.6	10:43	150	2.15
3	6.2	9:41	160	2.48
4	6.8	8:49	168	3.37
5	7.5	8:00	174	4.91
6				
7				
8				
9				
10				

SUMMARY

V_{L2}	5.5	WEIGHT (kg)	58.18	TOTAL TIME (min)	14:15'
V_{L4}	7	HEIGHT (in)	65	MAX HR (bpm)	174
AT (V)	7.5	Grade (%)	2	LAST STAGE COMPLETED	5
		STAGE TIME (min)	3:00		

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	4.5 - 5.5	13:20 - 10:55	7.2 - 8.8
Zone 2	5.5 - 6.9	10:55 - 8:42	8.8 - 11.04
Zone 3	6.9 - 7.5	8:42 - 8:00	11.04 - 12
Zone 4	7.5 -	8:00 - 6:44	12 - 14.24
Zone 5	-	-	-

Name:

