

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Colleen Kelso

Date: 1-Mar-10

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	146	2.05
2	5.6	10:43	156	2.33
3	6.2	9:41	163	2.70
4	6.8	8:49	169	3.73
5				
6				
7				
8				
9				
10				

SUMMARY

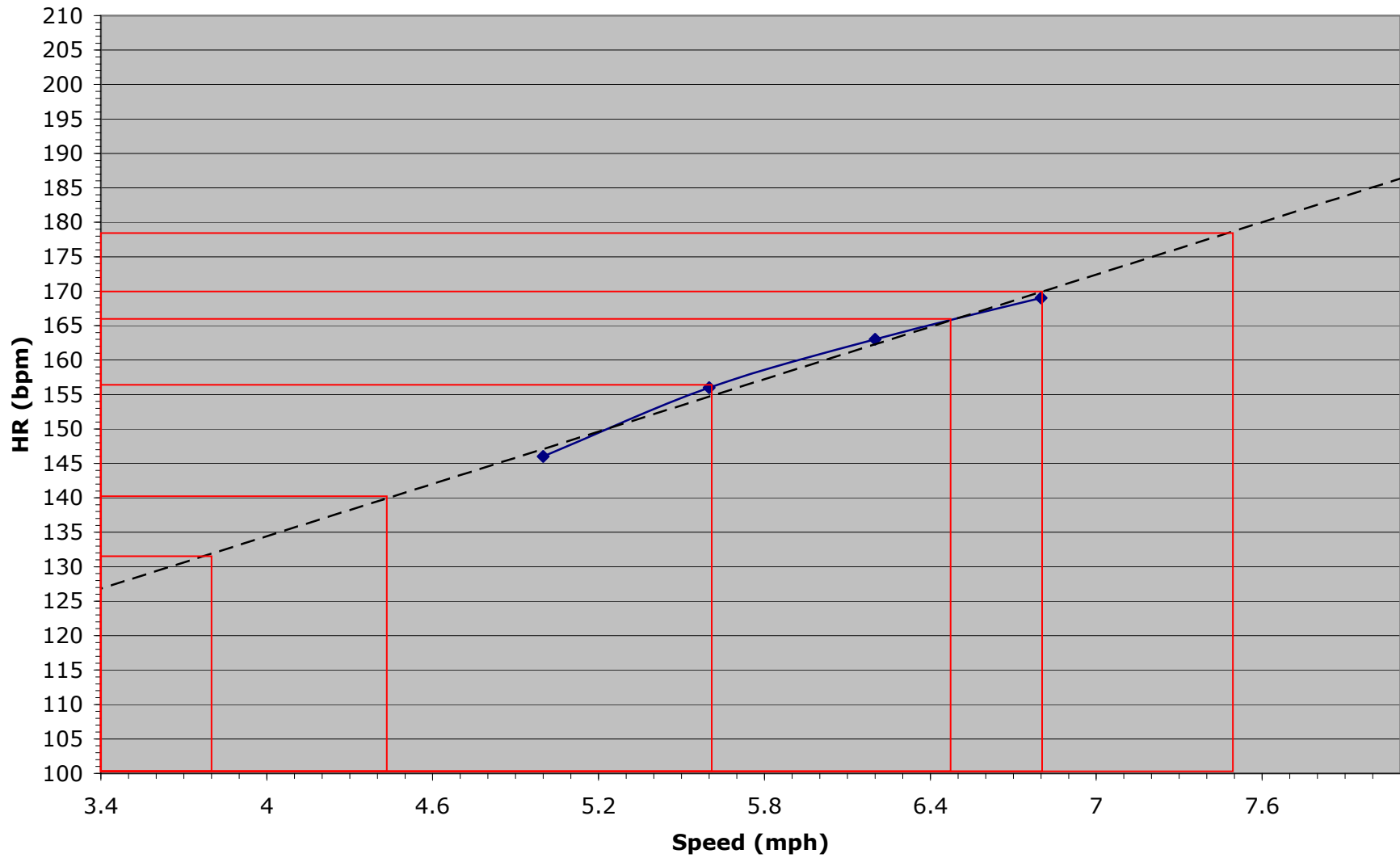
V_{L2}	5	WEIGHT (kg)	59.09	TOTAL TIME (min)	12:00
V_{L4}	6.8	HEIGHT (in)	65	MAX HR (bpm)	169
AT (V)	6.8	Grade (%)	2	LAST STAGE COMPLETED	4
		STAGE TIME (min)	3:00		

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	3.8 - 4.4	15:47 - 13:38	6.08 - 7.04
Zone 2	4.4 - 5.6	13:38 - 10:43	7.04 - 8.96
Zone 3	5.6 - 6.5	10:43 - 9:14	8.96 - 10.4
Zone 4	6.5 - 7.5	9:14 - 8:49	10.4 - 10.88
Zone 5	6.8 -	8:49 - 8:00	10.88 - 12

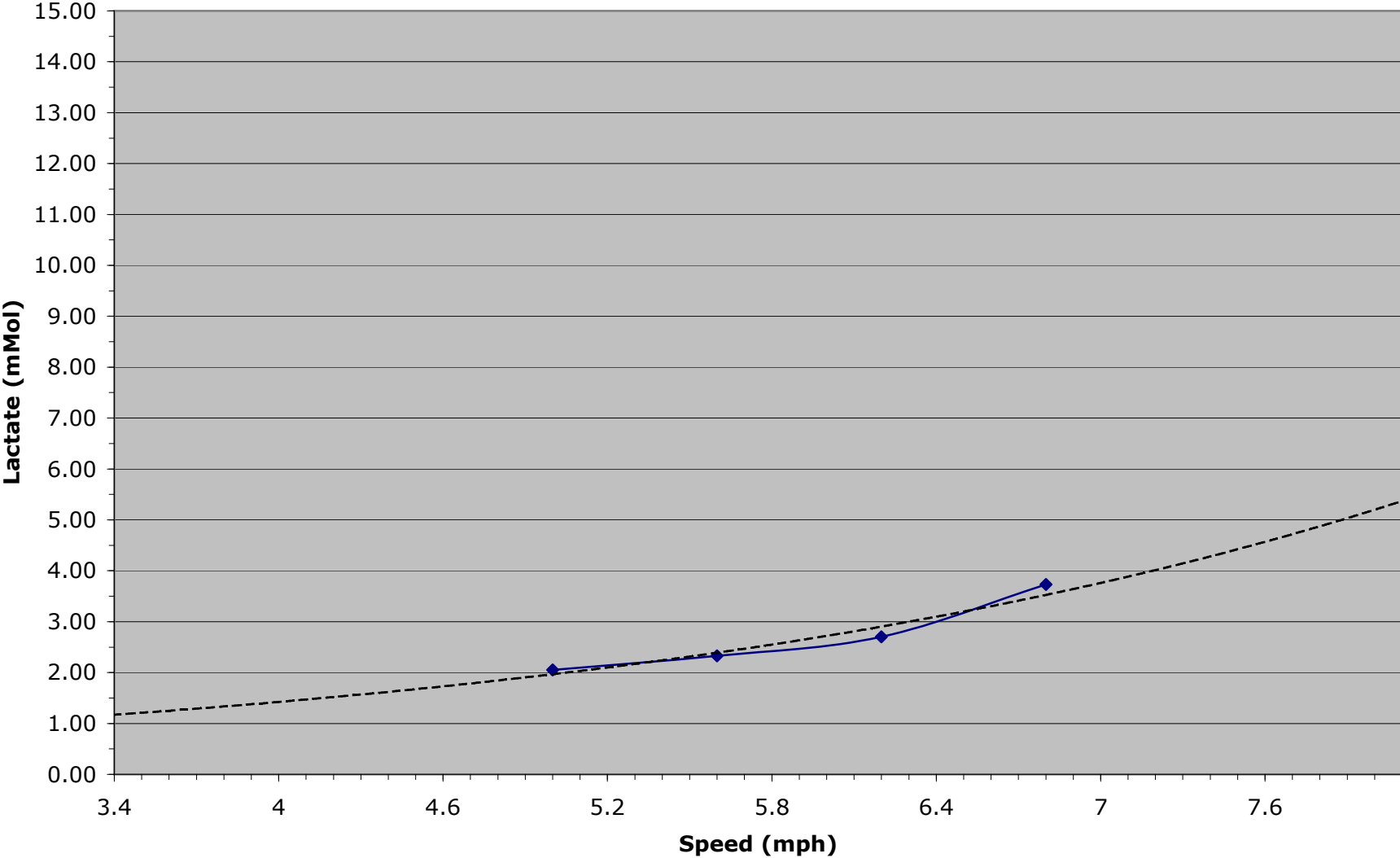
HR vs Speed

$$y = 12.667x + 83.767$$
$$R^2 = 0.9857$$

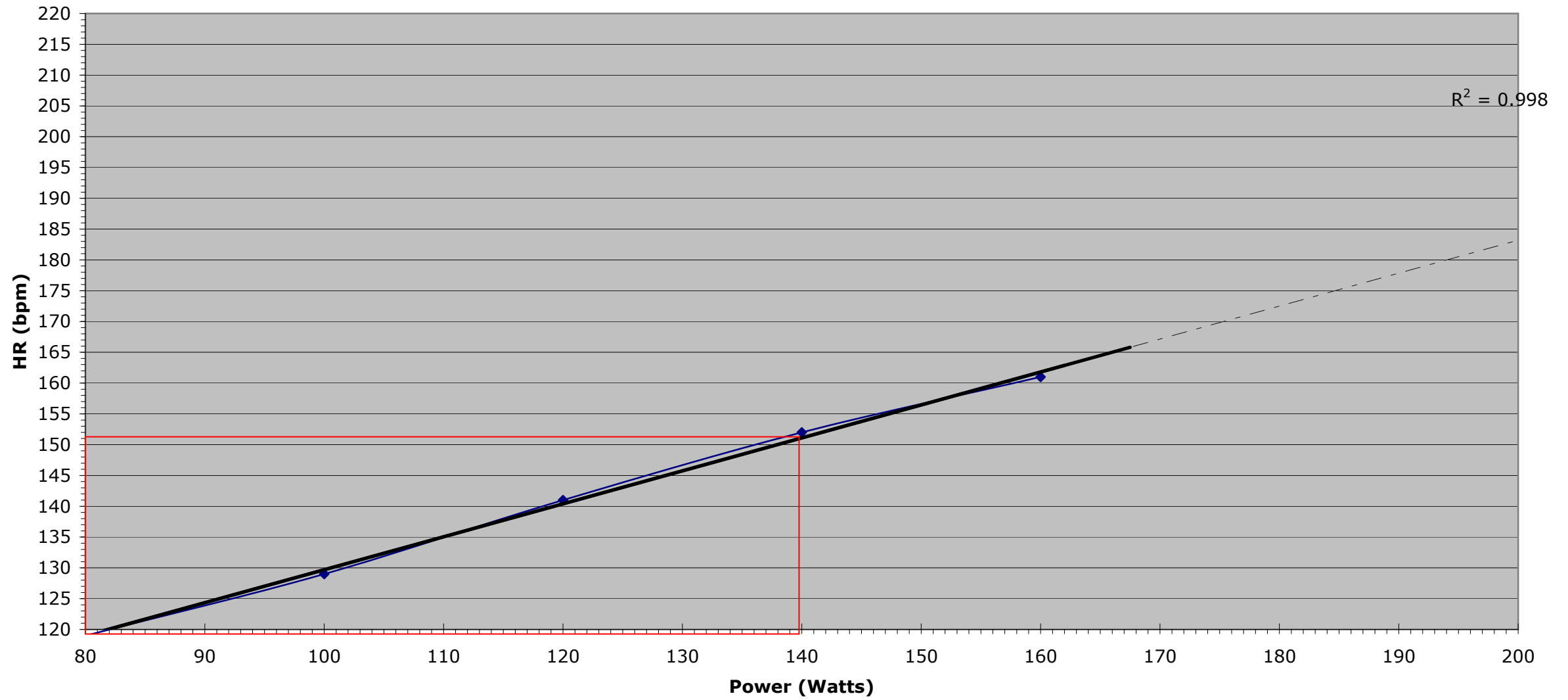


Lactate vs Speed

$y = 0.3897e^{0.3238x}$
 $R^2 = 0.9462$



HR vs Lactate



Lactate vs Power

