Third Coast Training

THRESHOLD VO_2 MAX INFORMATION

Name: Colleen Kelso

Date: 1-Mar-10

ASSESSMENT RESULTS

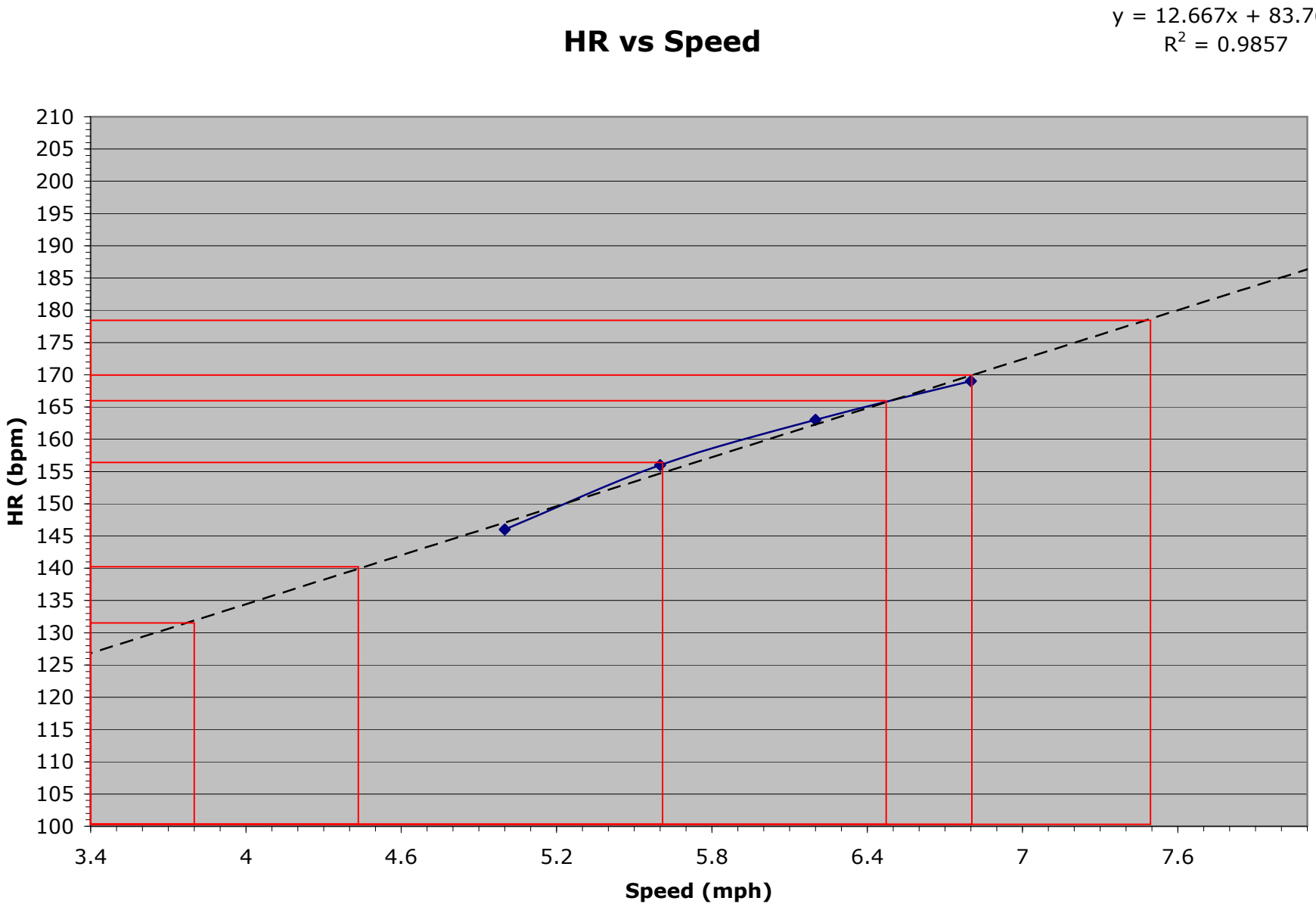
Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	146	2.05
2	5.6	10:43	156	2.33
3	6.2	9:41	163	2.70
4	6.8	8:49	169	3.73
5				
6				
7				
8				
9				
10				

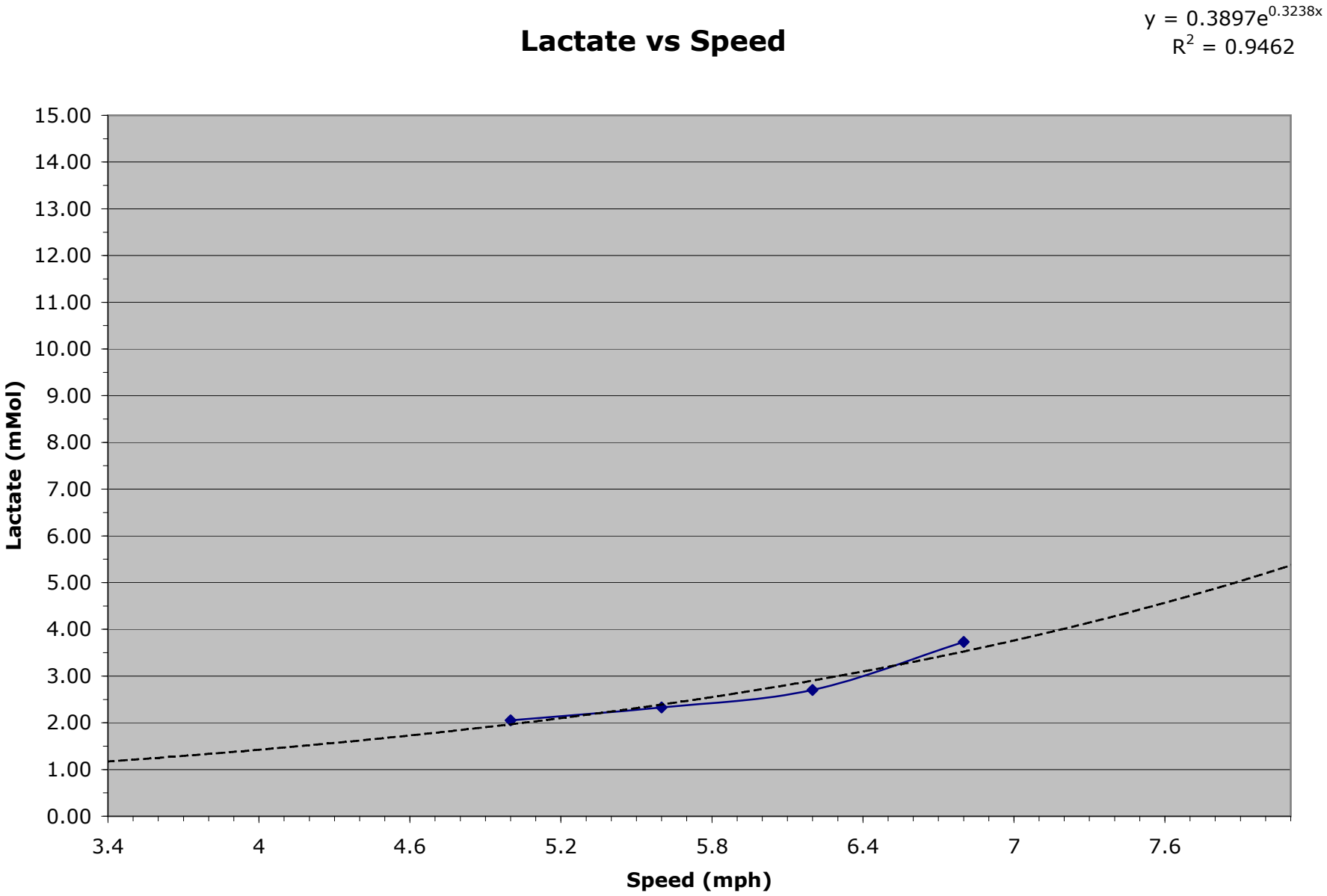
SUMMARY

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		
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	4

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
R2 = 0.9857
HR (bpm)
210
205
200
195
190
185
180
175
170
165
160
155
150
145
140
135
130
125
120
115
110
105
100
3.4
4
4.6
5.2
5.8
6.4
7
7.6
Speed (mph)


Lactate vs Speed
y = 0.3897e^0.3238x
R^2 = 0.9462
15.00
14.00
13.00
12.00
11.00
10.00
9.00
8.00
7.00
6.00
5.00
4.00
3.00
2.00
1.00
0.00
Lactate (mMol)
3.4
4
4.6
5.2
5.8
6.4
7
7.6
Speed (mph)

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Colleen Kelso

Date: 1-Mar-10

ASSESSMENT RESULTS			
Stage	**Power (watts)**	**Heart Rate**	**Lactate**
1	80	119	1.06
2	100	129	1.42
3	120	141	2.21
4	140	152	3.52
5	160	161	6.18
6			
7			
8			
9			

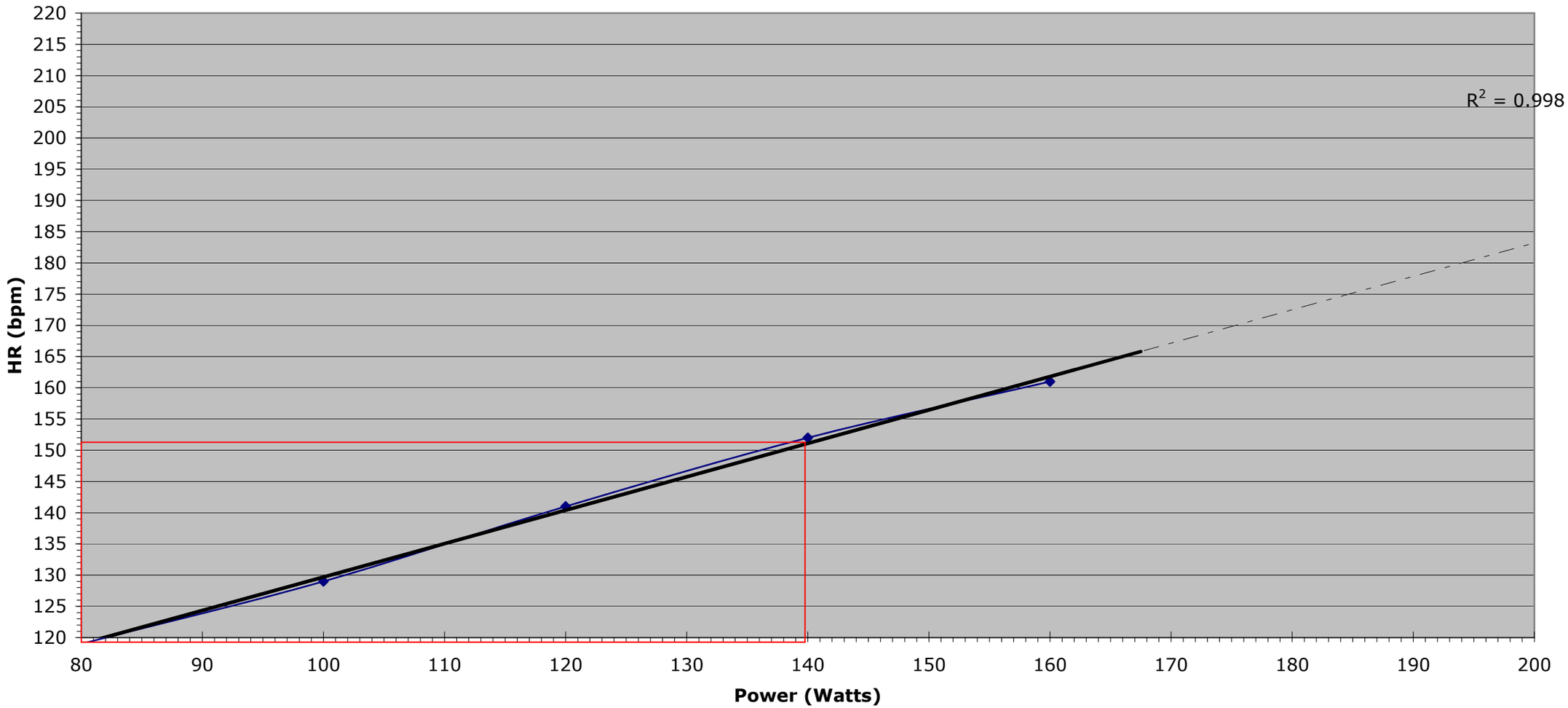
SUMMARY			
WEIGHT (kg)	59.09	**TOTAL TIME (min)**	18:00:00
HEIGHT (in)	65	**RPM**	90
HR_{peak} (bpm):	161	**STAGE TIME (min)**	3
W_{L2}	115	**LAST STAGE COMPLETED**	5
W_{L4}	145	**AT (w)**	140
W_{peak}	180	**AT (W/kg)**	2.37

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
	WATTS
Zone 1	**80-100**
Zone 2	**100-140**
Zone 3	**140-150**
Zone 4	**150-175**
Zone 5	**175-195**

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

HR vs Lactate



Lactate vs Power