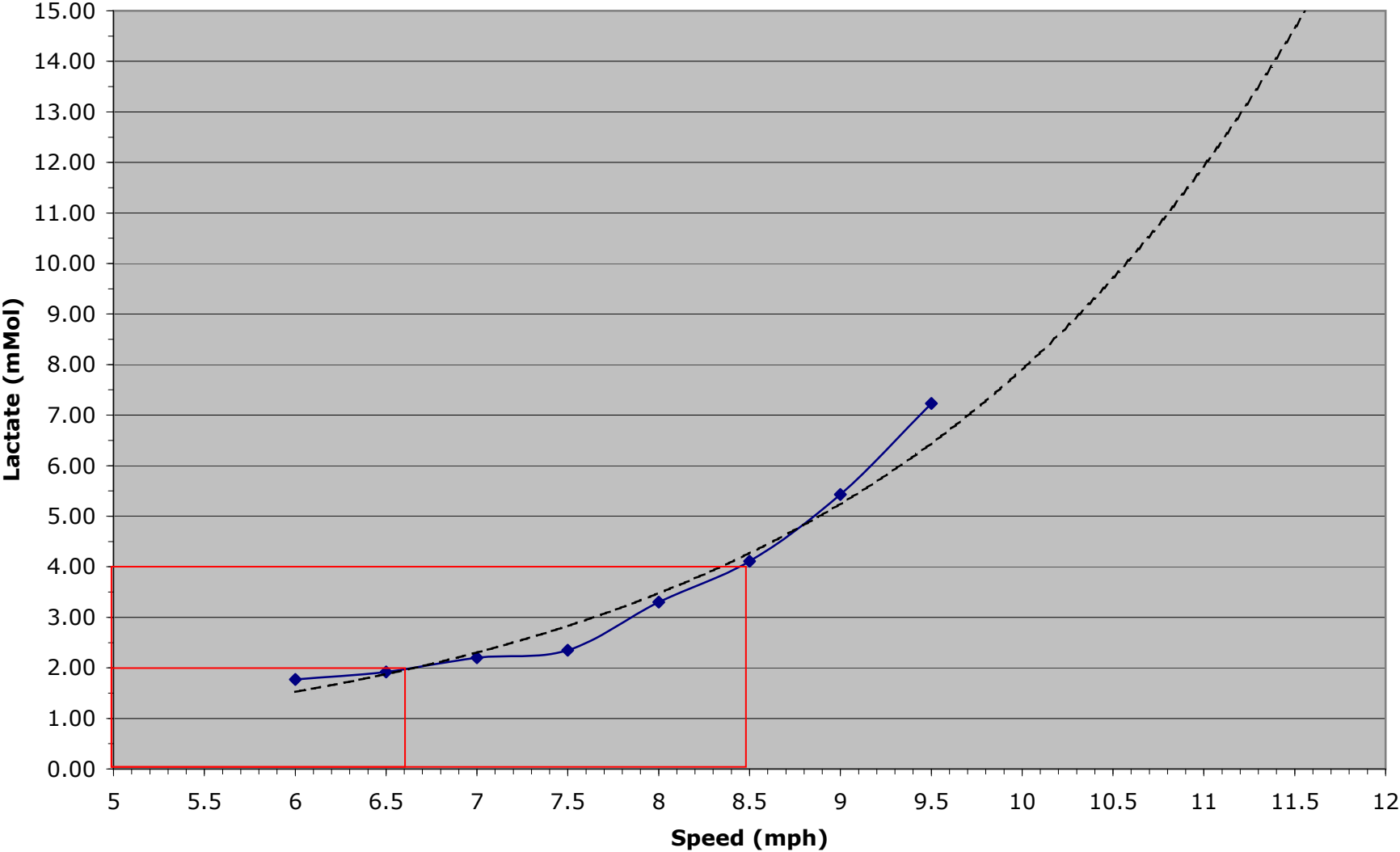


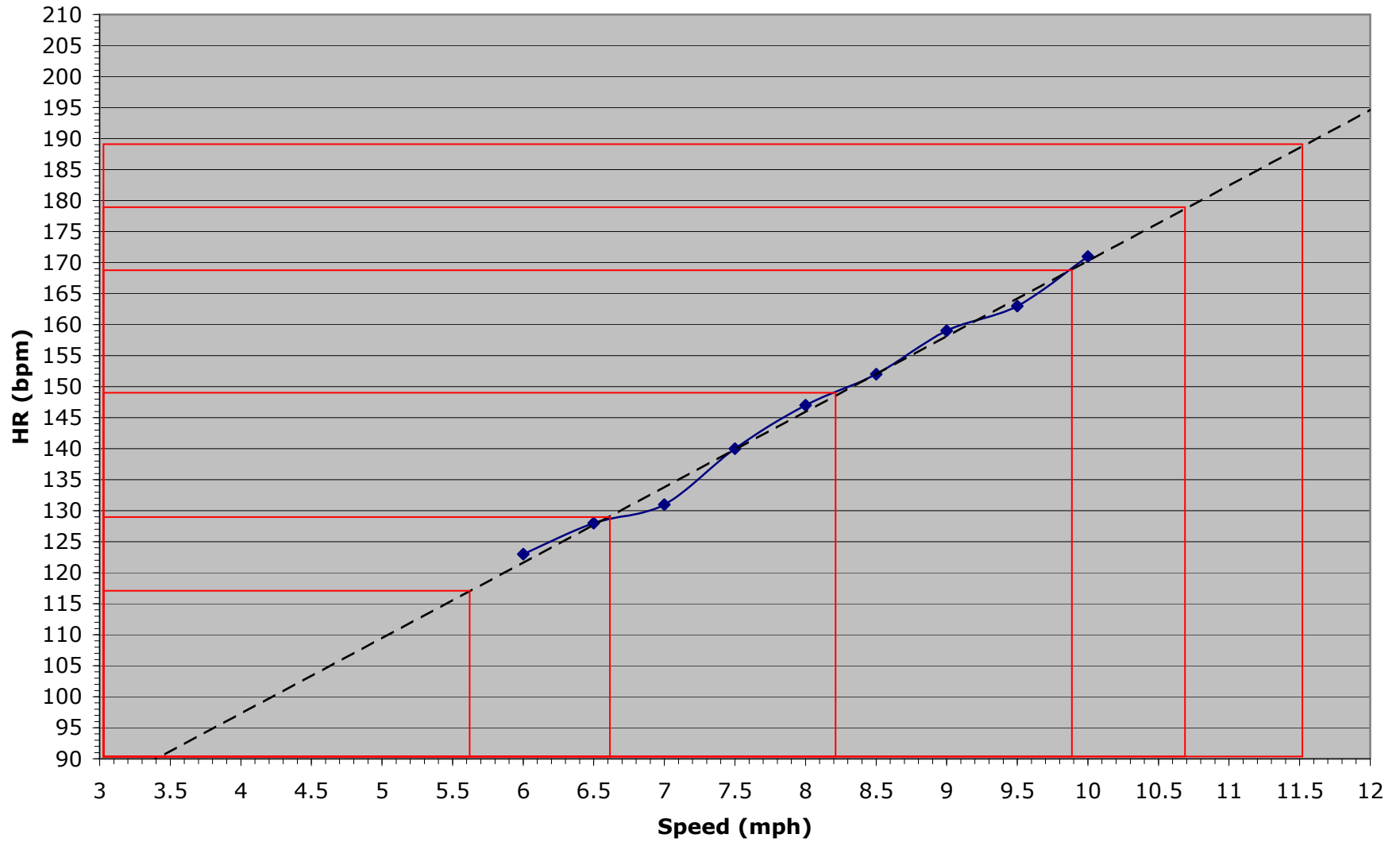
Lactate vs Speed

$R^2 = 0.958$



HR vs Speed

$R^2 = 0.9939$



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Daniel Trujillo

Date: 6-May-11

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	6	10:00	123	1.77
2	6.5	9:14	128	1.92
3	7	8:34	131	2.20
4	7.5	8:00	140	2.35
5	8	7:30	147	3.30
6	8.5	7:04	152	4.11
7	9	6:40	159	5.43
8	9.5	6:19	163	7.23
9	10	6:00	171	8.37
10				

SUMMARY

V_{L2}	6.6	Grade (%)	2.00		
V_{L4}	8.5	STAGE TIME (min)	3:00		
AT (V)	9.9				

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	5.6 - 6.6	10:43 - 9:05	8.96 - 10.56
Zone 2	6.6 - 8.2	9:05 - 7:19	10.56 - 13.12
Zone 3	8.2 - 9.9	7:19 - 6:04	13.12 - 15.84
Zone 4	9.9 - 10.7	6:04 - 5:36	15.84 - 17.12
Zone 5	10.7 - 11.5	5:36 - 5:13	17.12 - 18.4