

# Third Coast Training

## Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	100	145	1.64
2	130	153	2.70
3	160	166	3.40
4	190	175	4.12
5	220	185	6.16
6	250	195	8.52
7			
8			
9			

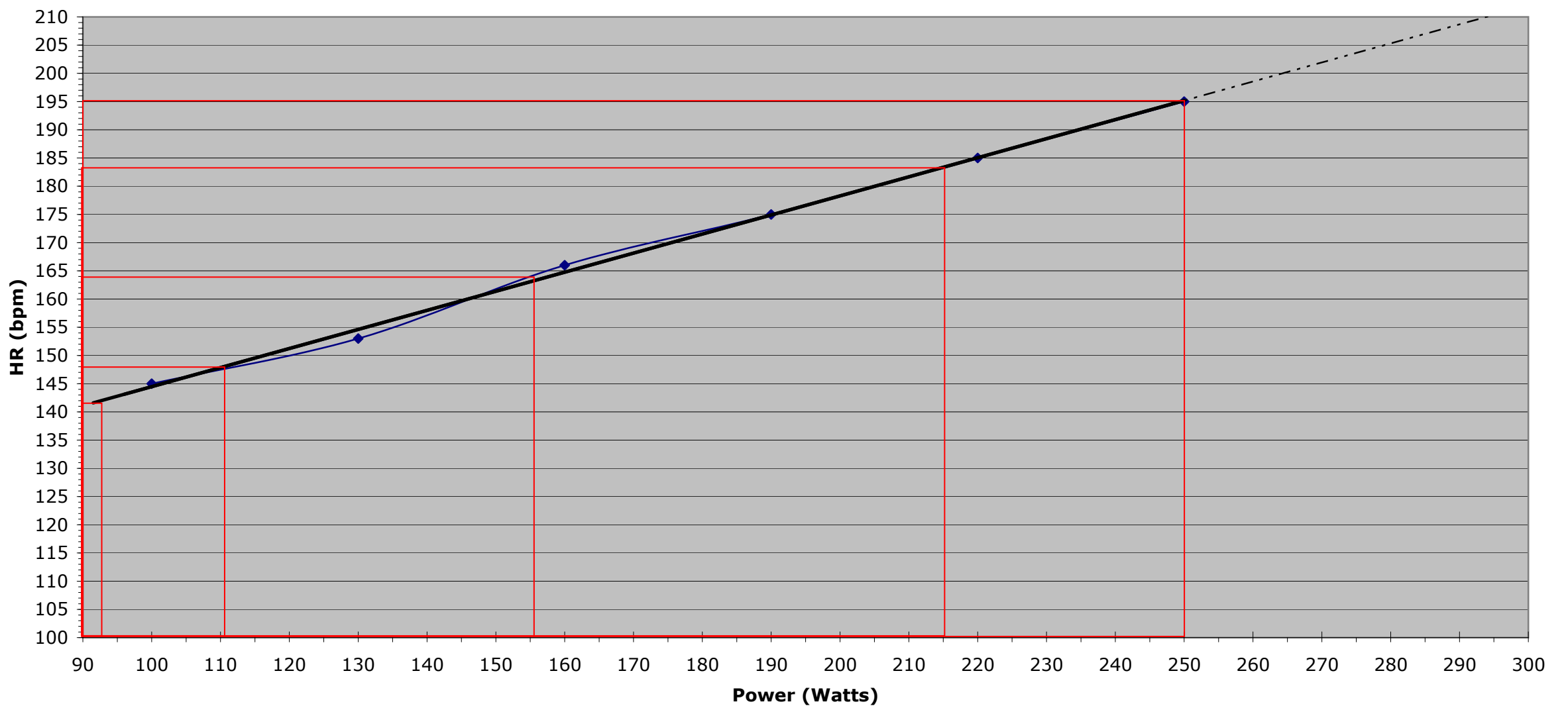
SUMMARY			
<b>WEIGHT (kg)</b>	96.45	<b>TOTAL TIME (min)</b>	17:50:00
<b>HEIGHT (in)</b>	70	<b>RPM</b>	80
<b>HR<sub>peak</sub> (bpm):</b>	195	<b>STAGE TIME (min)</b>	3
<b>W<sub>L2</sub></b>	110	<b>LAST STAGE COMPLETED</b>	6
<b>W<sub>L4</sub></b>	190	<b>AT (w)</b>	215
<b>W<sub>peak</sub></b>	250	<b>AT (W/kg)</b>	2.23

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	90-110
Zone 2	110-155
Zone 3	155-215
Zone 4	215-250
Zone 5	

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

# HR vs Lactate



# Lactate vs Power

$R^2 = 0.9842$

