

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: David Ambrose

Date: 1-Jul-11



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	100	130	1.37
2	130	140	1.49
3	160	151	2.14
4	190	161	3.72
5	220	171	6.08
6			
7			
8			
9			

SUMMARY			
W_{L2}	155	RPM	80
W_{L4}	195	STAGE TIME (min)	3
W_{peak}	220		
AT (w)	220	AT (W/kg)	2.75

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	45-130
Zone 2	130-165
Zone 3	165-190
Zone 4	190-220
Zone 5	220-250

* refer to printout or online data for heart rate zones