

Third Coast Training

Cycling Power Profile

Name: David Ramsey

Date: JUNE 2010'



Power Output

Test	WATTAGE		
	Actual	Ideal	
30s Wingate	800		
VO2 Max		320	360
Anaerobic Threshold		256	306
Aerobic Threshold		166	214
	Actual		
VO2 Max	330	10	-30
Anaerobic Threshold	300	44	-6
Aerobic Threshold	220	54	6

Third Coast Training

Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	210	141	1.81
2	240	156	2.83
3	270	169	5.02
4	300	177	8.47
5			
6			
7			
8			
9			

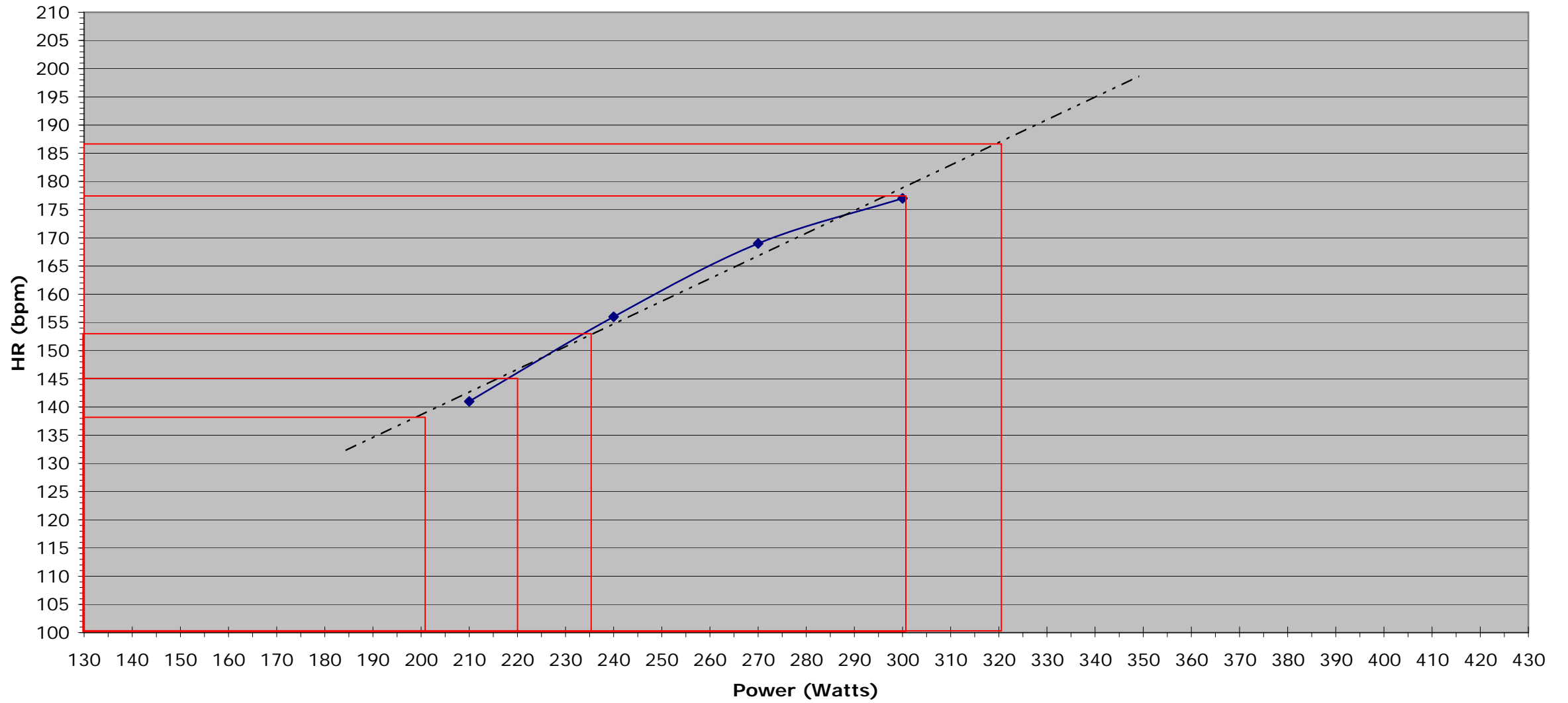
SUMMARY			
WEIGHT (kg)	79.09	TOTAL TIME (min)	20:30:00
HEIGHT (in)	73	RPM	85
HR _{peak} (bpm):	177	STAGE TIME (min)	3
W _{L2}	220	LAST STAGE COMPLETED	7
W _{L4}	260	AT (w)	300
W _{peak}	330	AT (W/kg)	3.79

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	200-220
Zone 2	220-235
Zone 3	235-300
Zone 4	300-320
Zone 5	320+

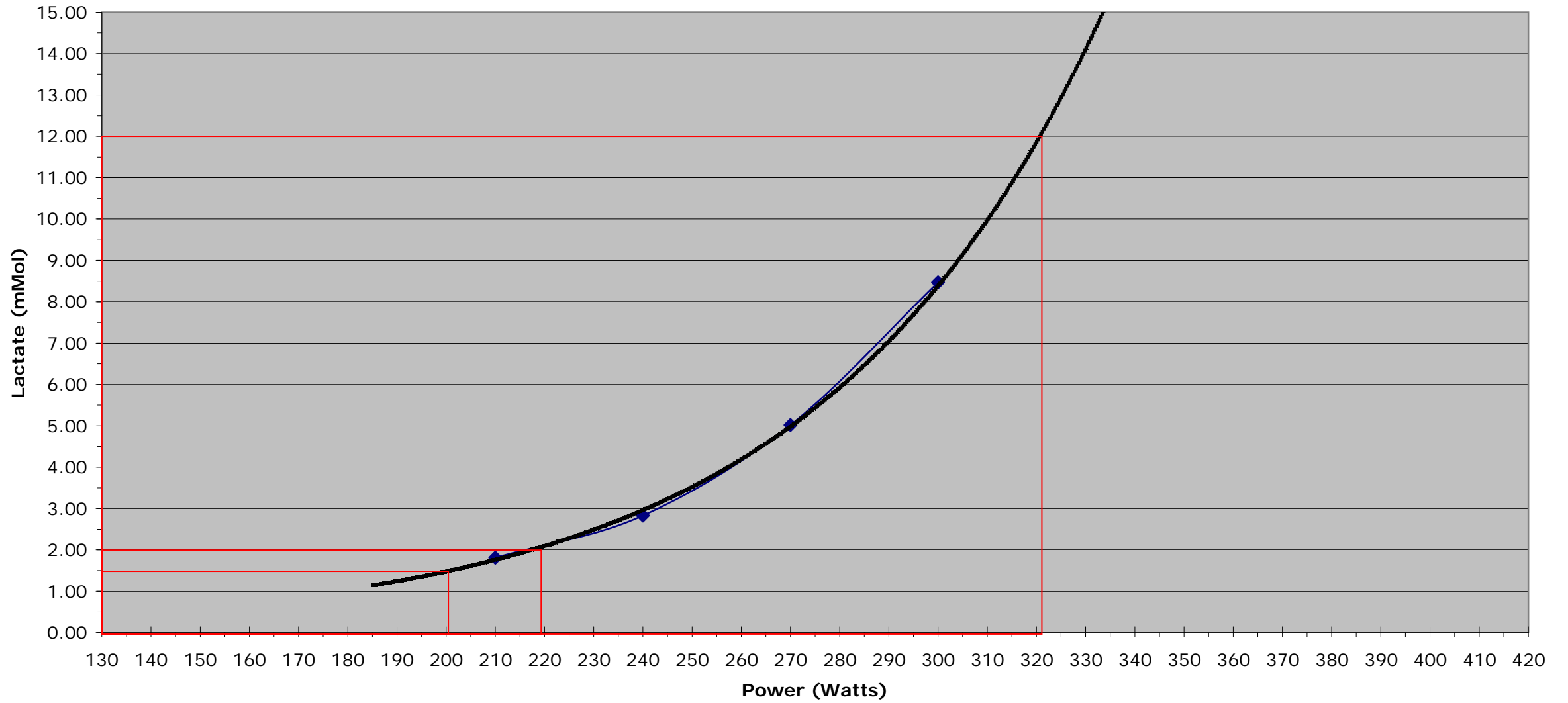
* refer to printout or online data for heart rate zones

HR vs Lactate



Lactate vs Power

$R^2 = 0.9978$



David Ramsey

