

# Third Coast Training

## Cycling VO2 & Lactate Assessment

Name: David Ramsey

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	125	0.96
2	160	132	0.89
3	190	144	1.09
4	220	154	1.78
5	250	164	2.98
6	280	174	5.78
7	310	180	9.03
8			
9			

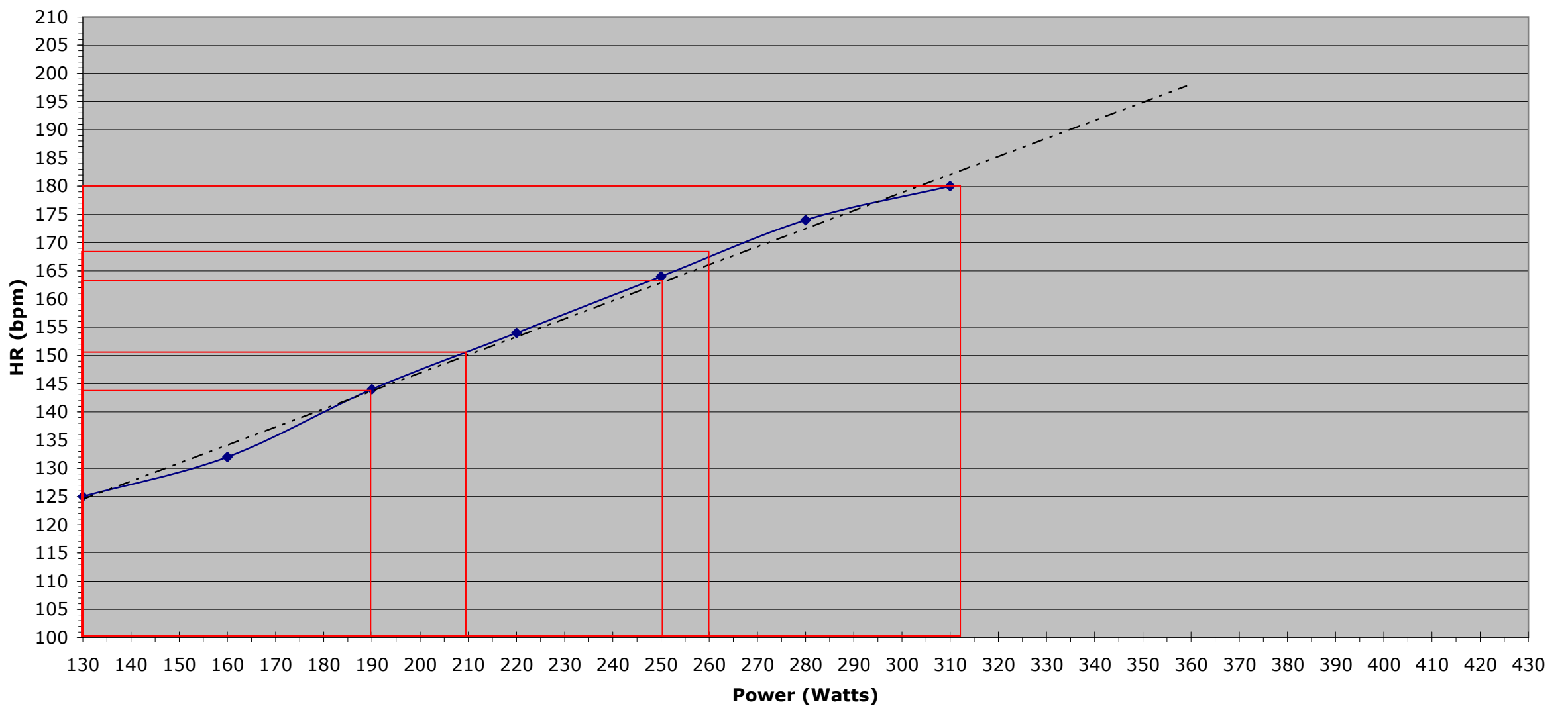
SUMMARY			
<b>WEIGHT (kg)</b>	77.73	<b>TOTAL TIME (min)</b>	20:30:00
<b>HEIGHT (in)</b>	73	<b>RPM</b>	85
<b>HR<sub>peak</sub> (bpm):</b>	180	<b>STAGE TIME (min)</b>	3
<b>W<sub>L2</sub></b>	230	<b>LAST STAGE COMPLETED</b>	7
<b>W<sub>L4</sub></b>	260	<b>AT (w)</b>	260
<b>W<sub>peak</sub></b>	310	<b>AT (W/kg)</b>	3.35

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	190-210
Zone 2	210-250
Zone 3	250-260
Zone 4	260-310
Zone 5	

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

# HR vs Lactate



# Lactate vs Power

$R^2 = 0.9281$

