

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Euan Mackay

Date: 23-Dec-09



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	143	1.25
2	190	152	1.52
3	220	161	2.05
4	250	170	3.46
5	280	178	5.28
6	310	185	9.42
7	340	188	13.18
8			
9			

SUMMARY			
WEIGHT (kg)	73.64	TOTAL TIME (min)	20:03:00
HEIGHT (in)	72	RPM	95-100
HR_{peak} (bpm):	177	STAGE TIME (min)	3
W_{L2}	220	LAST STAGE COMPLETED	7**
W_{L4}	260	AT (w)	320
W_{peak}	340	AT (W/kg)	4.35

** Last stage 7 - 30seconds short of full completion.

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	230-270
Zone 2	270-290
Zone 3	290-320
Zone 4	320-360
Zone 5	360-400

* refer to printout or online data for heart rate zones

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Cycling Power Profile

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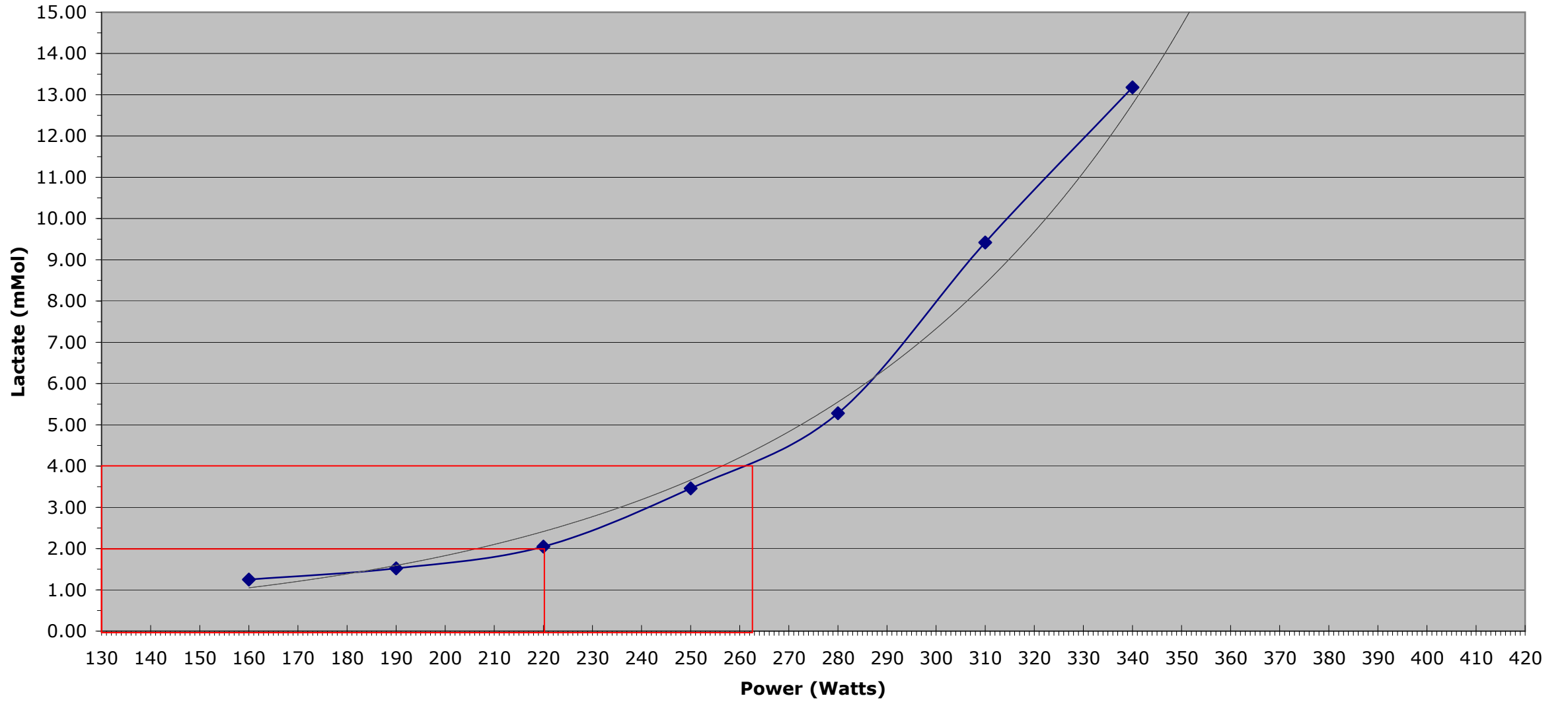


Power Output

Test	WATTAGE		
	Actual	Ideal	
30s Wingate	867		
VO2 Max		347	390
Anaerobic Threshold		277	332
Aerobic Threshold		180	232
	Actual	Ceilings Based on VO2 max	
VO2 Max	340		
Anaerobic Threshold	320	272	289
Aerobic Threshold	270	177	202

Lactate vs Power

$R^2 = 0.9841$



HR vs Lactate

