

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Euan Mackay

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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