

# Third Coast Training

## 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

$R^2 = 0.9841$

