

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Igor Frenkel

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	153	2.13
2	160	163	2.60
3	190	173	4.40
4	220	183	7.33
5	250	188	10.80
6			
7			
8			
9			

SUMMARY			
WEIGHT (kg)	63.64	TOTAL TIME (min)	15:00'
HEIGHT (in)	71	RPM	90
HR _{peak} (bpm):	188	STAGE TIME (min)	3
W _{L2}	130	LAST STAGE COMPLETED	5
W _{L4}	185	AT (w)	250
W _{peak}	250	AT (W/kg)	3.93

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	110-130
Zone 2	130-180
Zone 3	180-200
Zone 4	200-225
Zone 5	255-260

* refer to printout or online data for heart rate zones