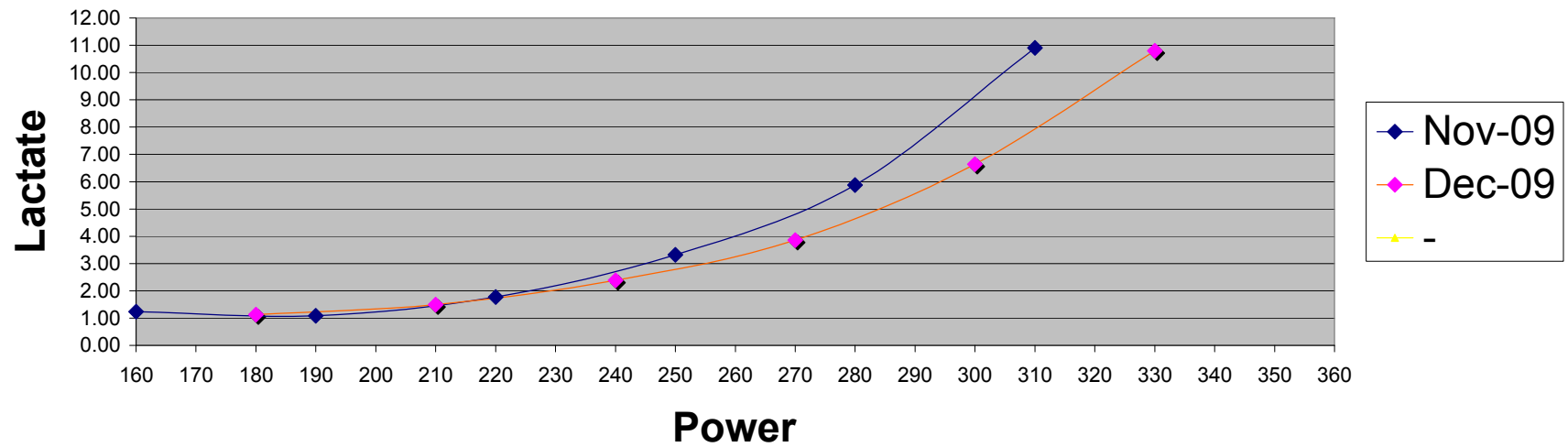


Jeremey Thomson



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Jeremy Thomson

Date: 3-Nov-09



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	123	1.24
2	190	129	1.09
3	220	141	1.77
4	250	152	3.32
5	280	163	5.88
6	310	170	10.9
7			
8			
9			

SUMMARY			
WEIGHT (kg)	72.73	TOTAL TIME (min)	17:39:00
HEIGHT (in)	71	RPM	85
HR_{peak} (bpm):	170	STAGE TIME (min)	3
W_{L2}	225	LAST STAGE COMPLETED	6
W_{L4}	260	AT (w)	270
W_{peak}	310	AT (W/kg)	3.71

POWER TRAINING ZONES	
WATTS	
Zone 1	155-190
Zone 2	190-235
Zone 3	235-270
Zone 4	270-310
Zone 5	310-340

* refer to printout for heart rate zones

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Jeremy Thomson

Date: 28-Dec-09



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	180	127	1.13
2	210	137	1.49
3	240	152	2.39
4	270	163	3.86
5	300	173	6.64
6	330	178	10.80
7			
8			
9			

SUMMARY			
WEIGHT (kg)	70.45	TOTAL TIME (min)	17:06:00
HEIGHT (in)	71	RPM	90
HR_{peak} (bpm):	178	STAGE TIME (min)	3
W_{L2}	230	LAST STAGE COMPLETED	6
W_{L4}	270	AT (w)	330
W_{peak}	330	AT (W/kg)	4.68

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	210-230
Zone 2	230-270
Zone 3	270-330
Zone 4	330-345
Zone 5	345-375

* refer to printout or online data for heart rate zones

Third Coast Training

Cycling Power Profile

Name: Jeremey Thomson

Date: 28-Dec-09



Power Output

Test	WATTAGE		
	Actual	Ideal	
30s Wingate	948		
VO2 Max		379	427
Anaerobic Threshold		303	363
Aerobic Threshold		197	254
	Actual	Ceilings Based on VO2 max	
VO2 Max	330		
Anaerobic Threshold	330	264	281
Aerobic Threshold	230	172	196

Third Coast Training

Cycling Power Profile

Name: Jeremey Thomson

Date: 9-Nov-09



Power Output

Test	WATTAGE		
	Actual	Ideal	
30s Wingate	948		
VO2 Max		379	427
Anaerobic Threshold		303	363
Aerobic Threshold		197	254
	Actual	Ceilings Based on VO2 max	
VO2 Max	310		
Anaerobic Threshold	270	248	264
Aerobic Threshold	190	161	184



TRAINING GOALS

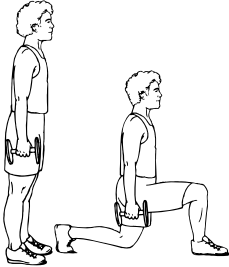
If your goal is to increase muscle size and achieve maximum strength:

1. Complete 3 sets of each exercise:
 - Set #1 - medium weight / 10 repetitions
 - Set #2 - heavier weight / 6 - 8 repetitions (add 5 - 15 lbs)
 - Set #3 - heavier weight / 3 - 5 repetitions (add 5 - 15 lbs)
 2. Rest 2 to 3 minutes between each set.
 3. The last few repetitions in each set will require a challenging effort if the weight is correct.
 4. Increase weight for Set #1 by 5 - 10 pound increments over a 2 to 3 week period.
-



LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

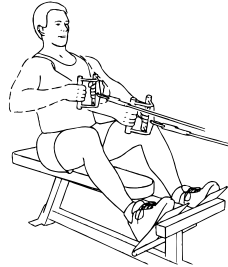
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

BACK: LATS - 20 Row (V-Bar, Cable)

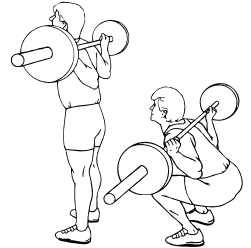
Torso erect, pull bar to chest.



Do ____ sets.
Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

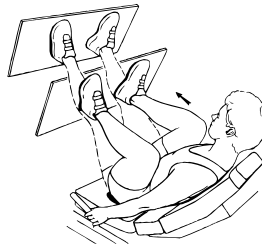
Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do ____ sets.
Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)

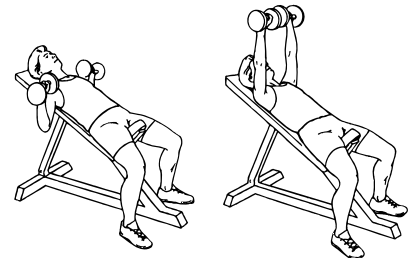
Press forward until legs are just short of locked knee position.



Do ____ sets. Complete ____ repetitions.

CHEST - 16 Bench Press: Incline (Dumbbell)

Press to straight arms.



Do ____ sets. Complete ____ repetitions.