

Third Coast Training

Cycling Power Profile

Name: Jeremey Thomson

Date: 31-Mar-09

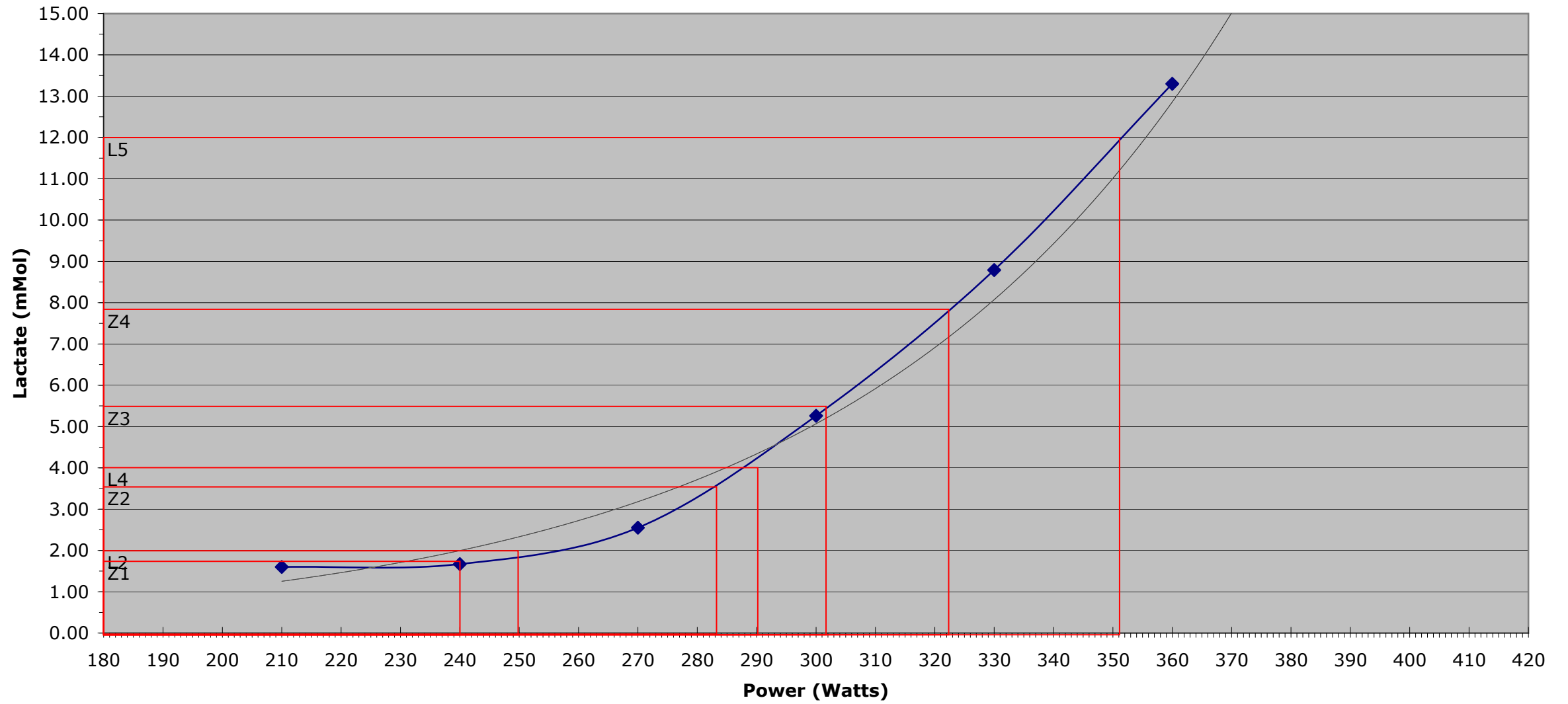


Power Output

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	360		
Anaerobic Threshold	300	288	306
Aerobic Threshold	250	187	214

Lactate vs Power

$R^2 = 0.9619$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Jeremy Thomson

Date: 31 April 2010



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	210	122	1.60
2	240	138	1.67
3	270	148	2.55
4	300	157	5.26
5	330	166	8.79
6	360	169	13.30
7			
8			
9			

SUMMARY			
WEIGHT (kg)	69.55	TOTAL TIME (min)	17:20:00
HEIGHT (in)	71	RPM	90
HR_{peak} (bpm):	171	STAGE TIME (min)	3
W_{L2}	250	LAST STAGE COMPLETED	6
W_{L4}	290	AT (w)	300
W_{peak}	360	AT (W/kg)	4.31

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	210-240
Zone 2	240-285
Zone 3	280-300
Zone 4	300-320
Zone 5	320-350

* refer to printout or online data for heart rate zones