

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Jeremy Thomson

Date: 25 JUNE 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	240	133	1.52
2	270	144	2.12
3	300	156	3.53
4	330	165	6.60
5	360	170	10.60
6			
7			
8			
9			

SUMMARY			
WEIGHT (kg)	70.00	TOTAL TIME (min)	14:30'
HEIGHT (in)	71	RPM	95
HR _{peak} (bpm):	167	STAGE TIME (min)	3
W _{L2}	240	LAST STAGE COMPLETED	5
W _{L4}	300	AT (w)	330
W _{peak}	360	AT (W/kg)	4.71

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	220-265
Zone 2	265-300
Zone 3	300-350
Zone 4	350-370
Zone 5	370+

1.0-2.0 Recovery
 2 - 3.5 Endurance
 3.5- AT LT
 AT-8
 8-12'

* refer to online data for heart rate zones