

Third Coast Training

Cycling Power Profile

Name: Jeremey Thomson

Date: 25-Jun-10



Power Output

Test	WATTAGE		
	Actual	Ideal	
30s Wingate	948		
VO2 Max		379	427
Anaerobic Threshold		303	363
Aerobic Threshold		197	254
	Actual		
VO2 Max	360	-19	-67
Anaerobic Threshold	315	12	-48
Aerobic Threshold	240	43	-14

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Jeremy Thomson

Date: 25 JUNE 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	240	135	2.03
2	270	145	2.25
3	300	155	3.71
4	330	163	6.75
5	360	169	12.10
6	390	171	
7			
8			
9			

SUMMARY			
WEIGHT (kg)	75.00	TOTAL TIME (min)	15:40'
HEIGHT (in)	71	RPM	95
HR _{peak} (bpm):	171	STAGE TIME (min)	3
W _{L2}	240	LAST STAGE COMPLETED	5
W _{L4}	305	AT (w)	315
W _{peak}	390	AT (W/kg)	4.20

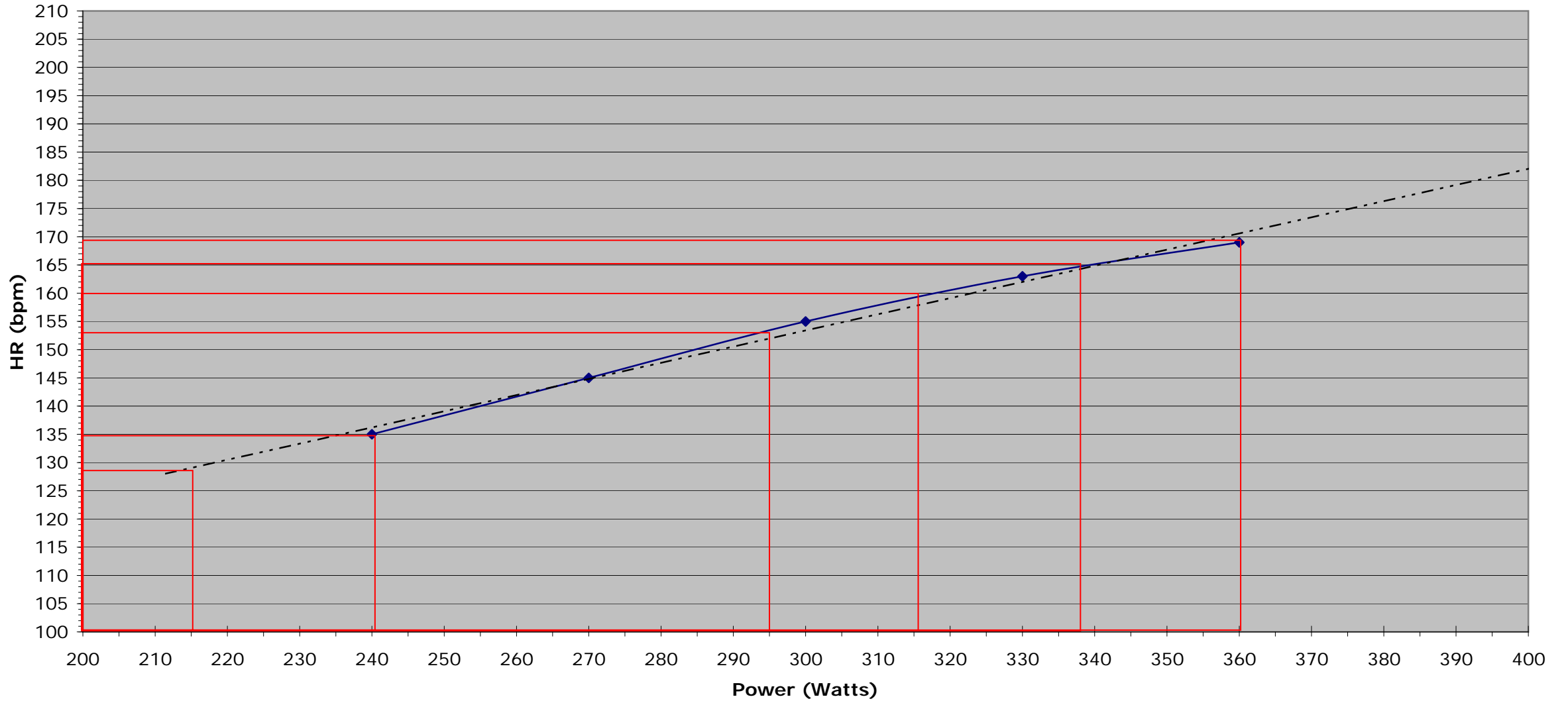
Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	215-240
Zone 2	240-295
Zone 3	295-315
Zone 4	315-340
Zone 5	340-360

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

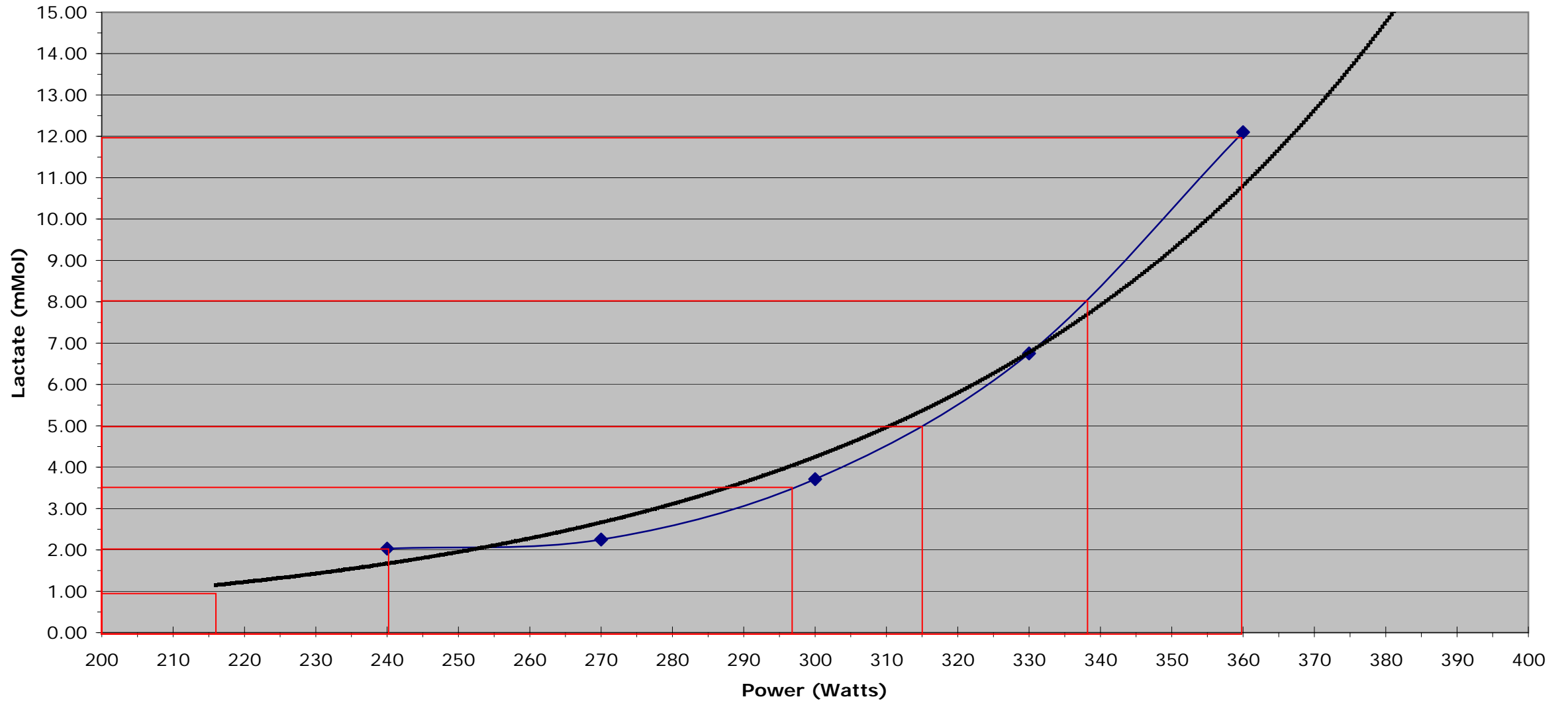
* refer to online data for heart rate zones

HR vs Lactate



Lactate vs Power

$R^2 = 0.9571$



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