

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Jesse Gray

Date: April 2010

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	146	1.82
2	5.6	10:43	158	2.07
3	6.2	9:41	167	2.37
4	6.8	8:49	178	2.58
5	7.4	8:06	187	3.76
6	8	7:30	193	4.03
7				
8				
9				
10				

SUMMARY

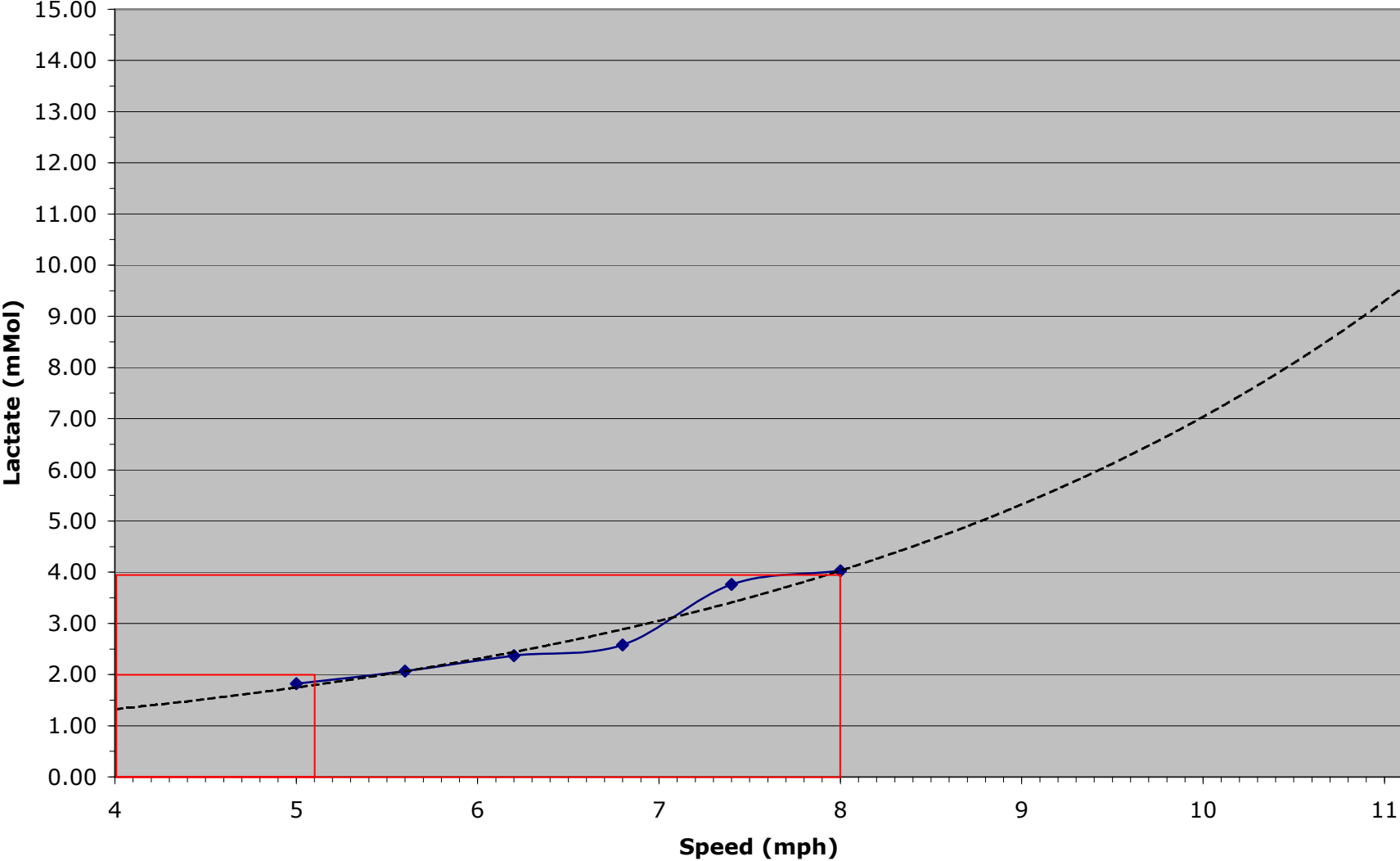
V_{L2}	5.6	WEIGHT (kg)	89.09	TOTAL TIME (min)	17:41
V_{L4}	8	HEIGHT (in)	69	MAX HR (bpm)	196
AT (V)	8	Grade (%)	2	VO2 Peak (ml/kg/min)	46.3
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	6

SPEED TRAINING ZONES

	Speed (mph)	Min/mile
Zone 1	3 - 5.5	20:00 - 10:55
Zone 2	5.5 - 7.5	10:55 - 8:00
Zone 3	7.5 - 8.8	8:00 - 6:49
Zone 4	8.8 - 11.9	6:49 - 5:43
Zone 5	10.5 -	5:43 - 5:03

Lactate vs Speed

$$y = 0.4339e^{0.2786x}$$
$$R^2 = 0.9521$$



HR vs Speed

$R^2 = 0.9916$

