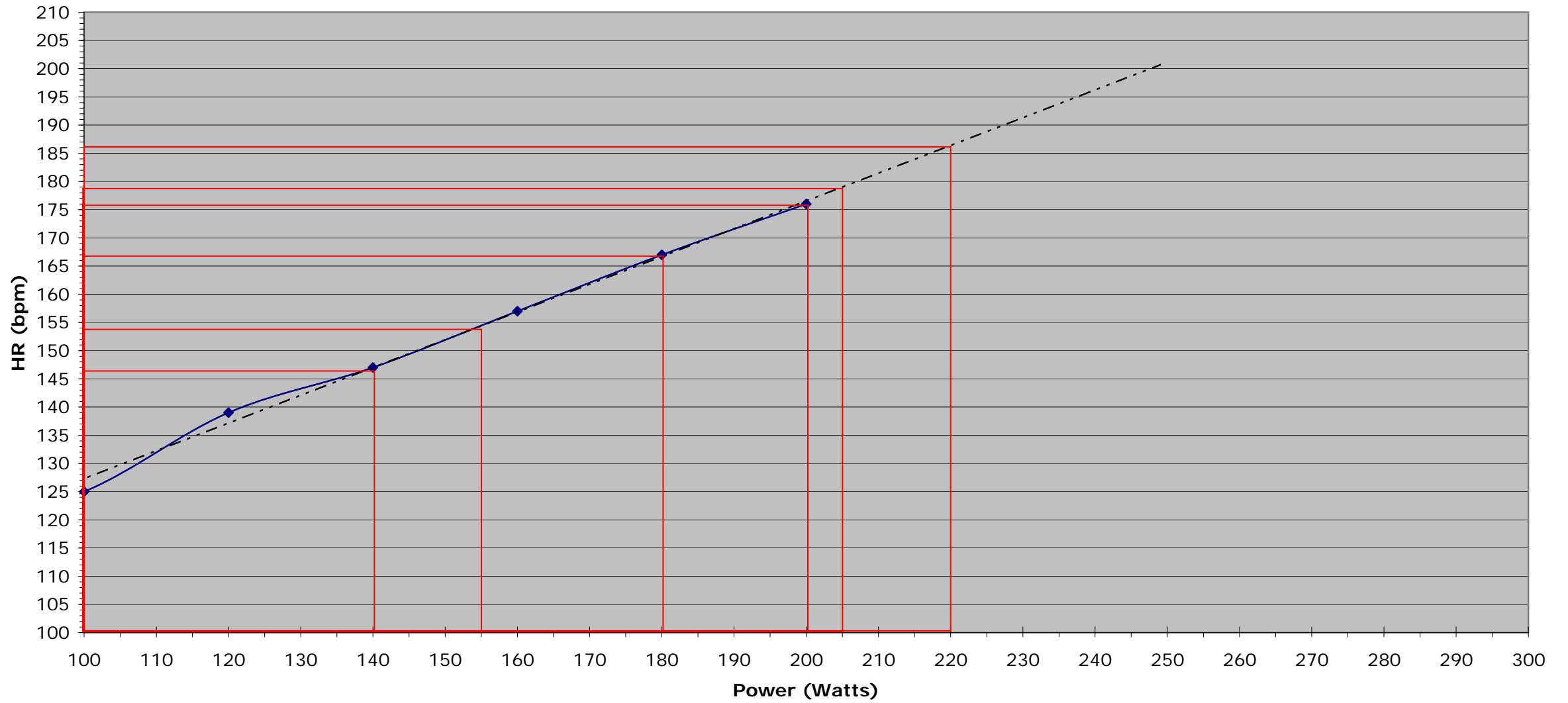
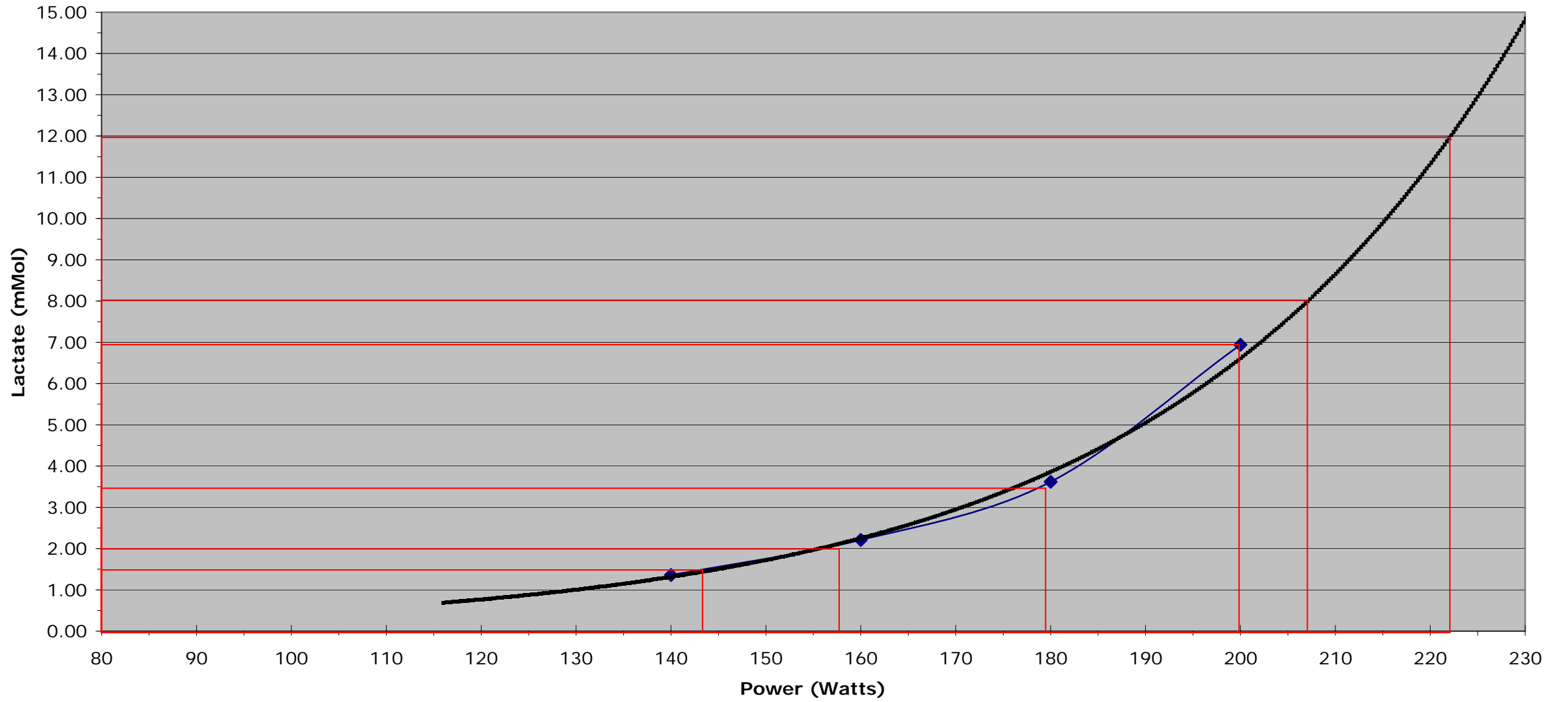


# HR vs Lactate

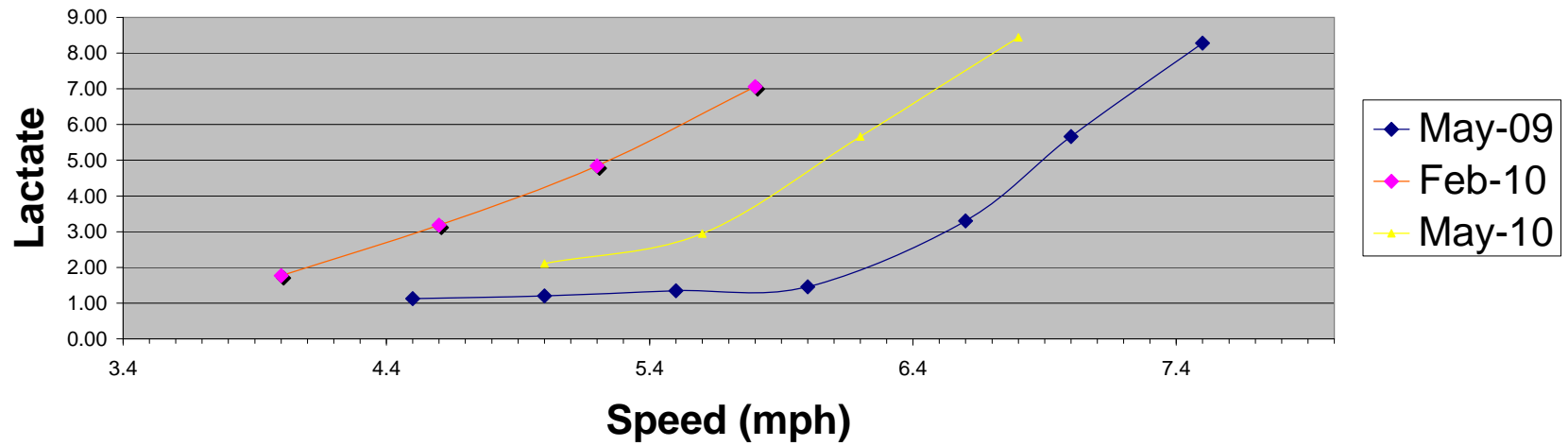


# Lactate vs Power

$R^2 = 0.9945$



# Karen Meikle



# Third Coast Training

## THRESHOLD VO<sub>2</sub> MAX INFORMATION

Name: Karen Meikle

Date: 26 May 2010'

### ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	164	2.11
2	5.6	10:43	170	2.95
3	6.2	9:41	177	5.66
4	6.8	8:49	183	8.44
5				
6				
7				
8				
9				
10				

### SUMMARY

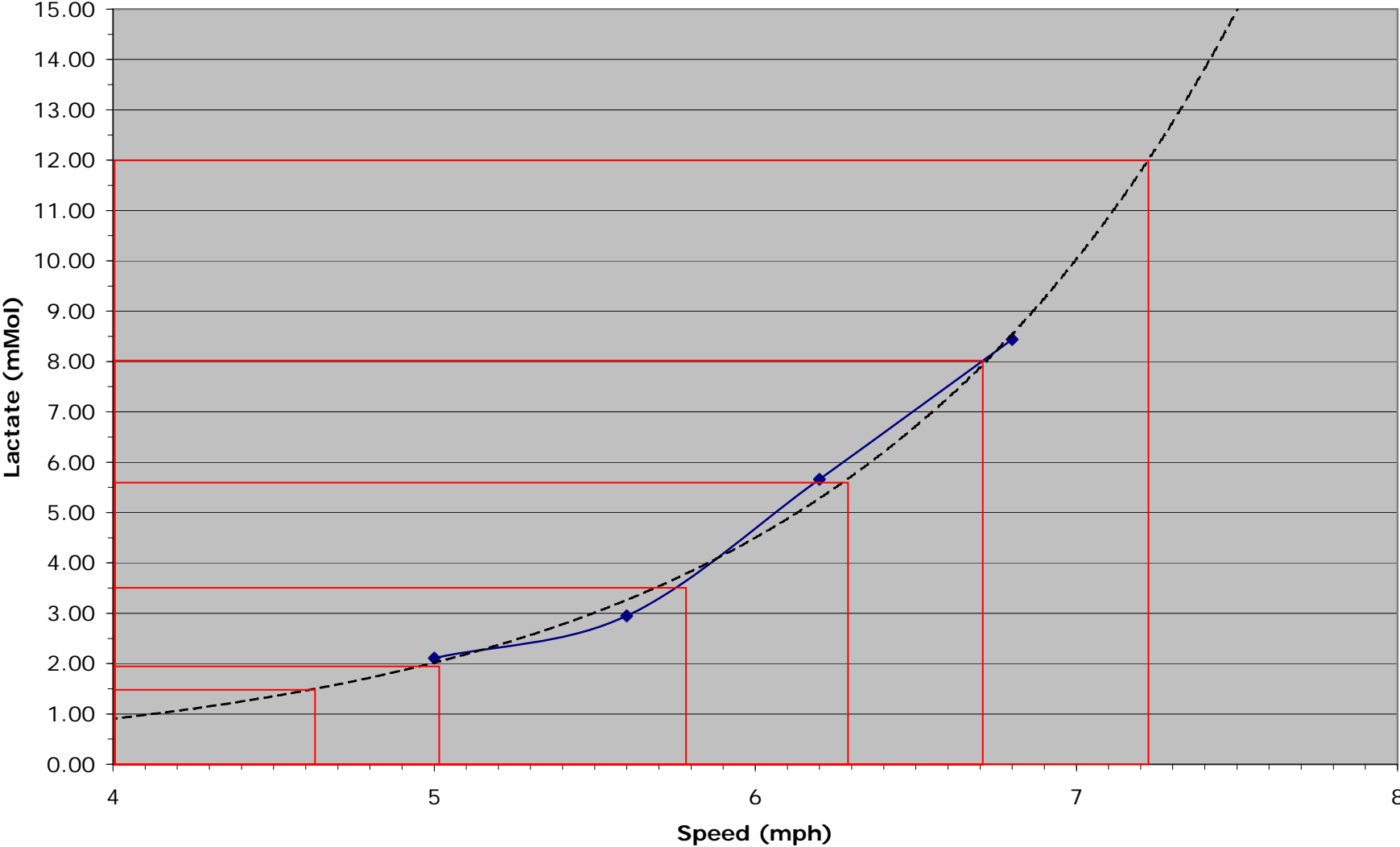
<b>V<sub>L2</sub></b>	<b>5.6</b>	<b>WEIGHT (kg)</b>	70.91	<b>TOTAL TIME (min)</b>	10:30'
<b>V<sub>L4</sub></b>	<b>6.5</b>	<b>HEIGHT (in)</b>	67	<b>MAX HR (bpm)</b>	183
<b>AT (V)</b>	<b>6.8</b>	<b>Grade (%)</b>	2	<b>VO2 Peak (ml/kg/min)</b>	47.8
		<b>STAGE TIME (min)</b>	3:00	<b>LAST STAGE COMPLETED</b>	4

### SPEED TRAINING ZONES

	Speed (mph)	Min/mile		
<b>Zone 1</b>	4.6 - 5	13:03 - 12:00	<b>1.5-2.0</b>	<b>Recovery</b>
<b>Zone 2</b>	5 - 5.7	12:00 - 10:32	<b>2 - 3.5</b>	<b>Endurance</b>
<b>Zone 3</b>	5.7 - 6.1	10:32 - 9:50	<b>3.5-AT</b>	<b>AT</b>
<b>Zone 4</b>	6.1 - 6.7	9:50 - 8:57	<b>AT-8</b>	
<b>Zone 5</b>	6.7 - 7.2	8:57 - 8:20	<b>8-12'</b>	

# Lactate vs Speed

$$y = 0.0366e^{0.8018x}$$
$$R^2 = 0.9854$$



# HR vs Speed

$R^2 = 0.999$

