

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Karen Meikle

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	80	118	1.01
2	100	125	0.75
3	120	139	1.13
4	140	147	1.36
5	160	157	2.21
6	180	167	3.62
7	200	176	6.94
8			
9			

SUMMARY			
WEIGHT (kg)	70.91	TOTAL TIME (min)	22:05'
HEIGHT (in)	67	RPM	90
HR _{peak} (bpm):	176	STAGE TIME (min)	3
W _{L2}	155	LAST STAGE COMPLETED	7
W _{L4}	185	AT (w)	200
W _{peak}	200	AT (W/kg)	2.82

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	140-155
Zone 2	155-180
Zone 3	180-200
Zone 4	200-205
Zone 5	205-220

1.5-2.0 Recovery
 2 - 3.5 Endurance
 3.5-AT LT
 AT-8
 8-12'

* refer to online data for heart rate zones