

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Kyle Davenport

Date: 17 June 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	137	1.17
2	190	147	1.24
3	220	162	2.56
4	250	176	4.42
5	280	182	7.64
6			
7			
8			
9			

SUMMARY			
WEIGHT (kg)	75.91	TOTAL TIME (min)	17:05'
HEIGHT (in)	71	RPM	90
HR _{peak} (bpm):	183	STAGE TIME (min)	3
W _{L2}	220	LAST STAGE COMPLETED	5
W _{L4}	250	AT (w)	245
W _{peak}	280	AT (W/kg)	3.23

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	200-210
Zone 2	210-235
Zone 3	235-245
Zone 4	245-285
Zone 5	285-310

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

* refer to online data for heart rate zones