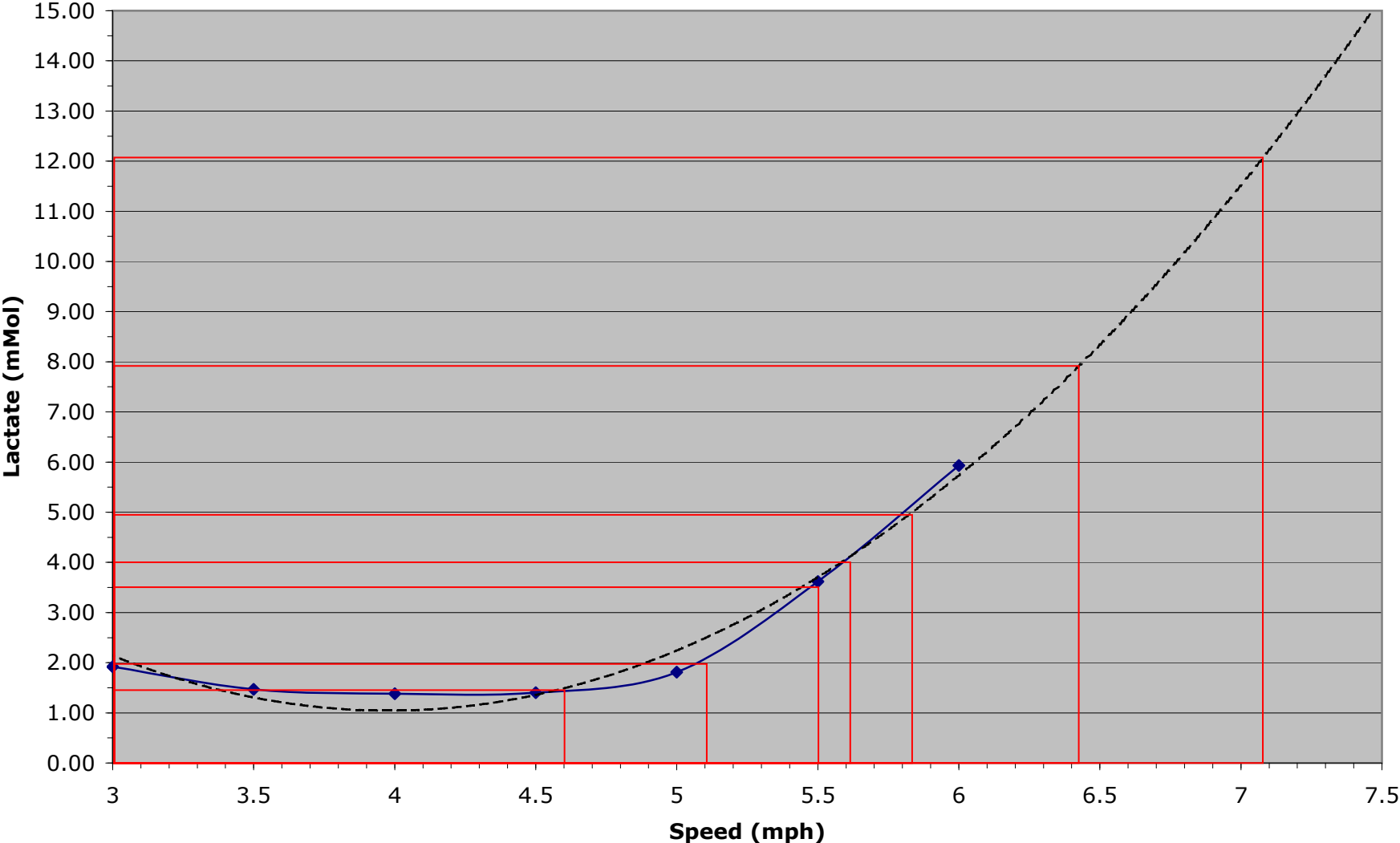


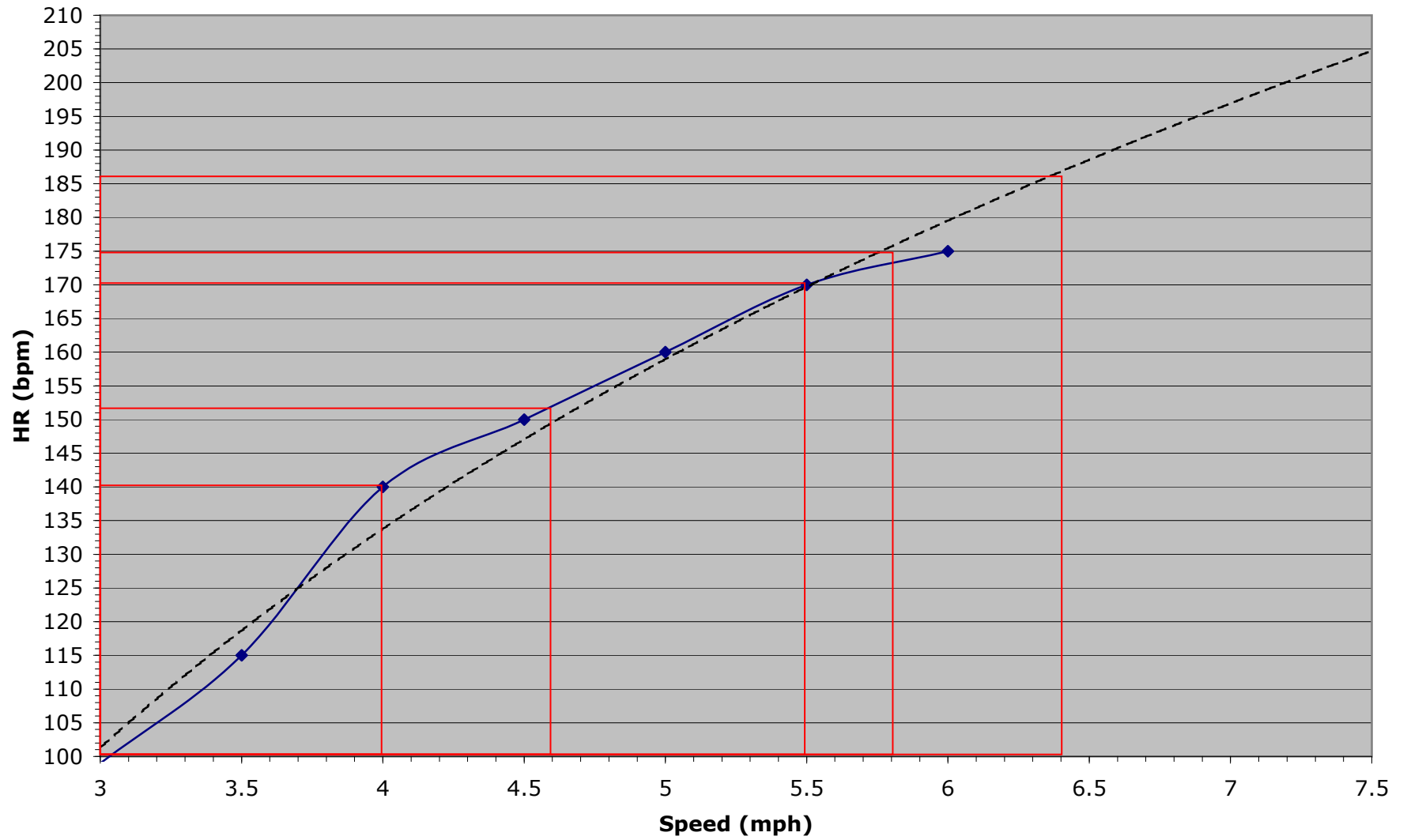
Lactate vs Speed

$$y = 1.1467x^2 - 9.1229x + 19.19$$
$$R^2 = 0.9757$$



HR vs Speed

$R^2 = 0.9817$



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Lauren Semple

Date: 18-Feb-10

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	3	20:00	99	1.92
2	3.5	17:09	115	1.47
3	4	15:00	140	1.38
4	4.5	13:20	150	1.40
5	5	12:00	160	1.81
6	5.5	10:55	170	3.62
7	6	10:00	175	5.93
8				
9				
10				

SUMMARY

V_{L2}	5.1	WEIGHT (kg)	67.73	TOTAL TIME (min)	20:38
V_{L4}	5.6	HEIGHT (in)	65	MAX HR (bpm)	186
AT (V)	6	Grade (%)	2	LAST STAGE COMPLETED	7
		STAGE TIME (min)	3:00		

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	4 - 4.6	15:00 - 13:03	6.4 - 7.36
Zone 2	4.6 - 5.5	13:03 - 10:55	7.36 - 8.8
Zone 3	5.5 - 5.8	10:55 - 10:21	8.8 - 9.28
Zone 4	5.8 - 7.1	10:21 - 9:23	9.28 - 10.24
Zone 5	6.4 -	9:23 - 8:27	10.24 - 11.36

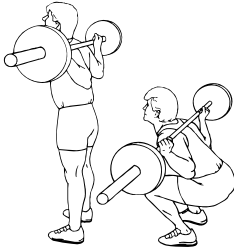


Routine For: Lauren
Created By: Johnny Shelby

Running/Jogging (Free-Weight)

LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

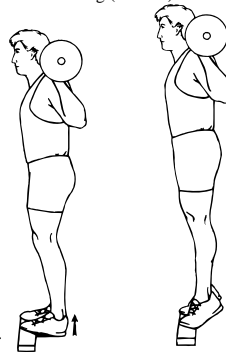
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do ____ sets.
Complete ____ repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

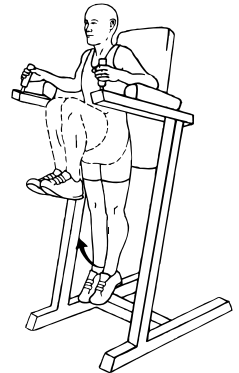
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do ____ sets.
Complete ____ repetitions.

ABS - 33 Knee Raise

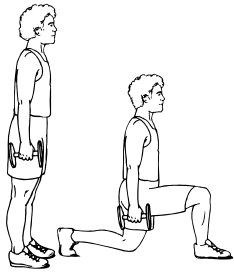
Tighten abdominals and bend legs, pulling knees toward chest.



Do ____ sets.
Complete ____ repetitions.

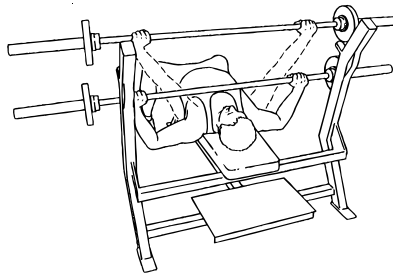
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

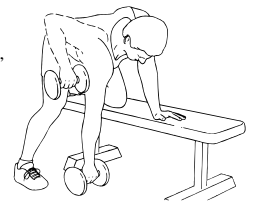
CHEST - 22 Bench Press: Wide Grip (Barbell)



Press to straight arms.
Do ____ sets. Complete ____ repetitions.

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

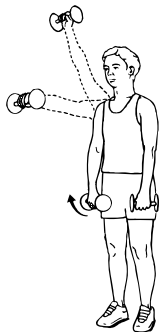
Lift weight to side of chest, keeping elbow close to body.



Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

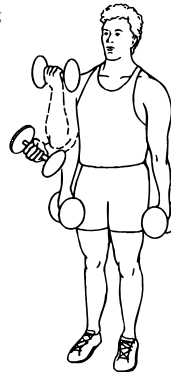
Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

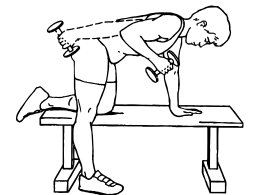
Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

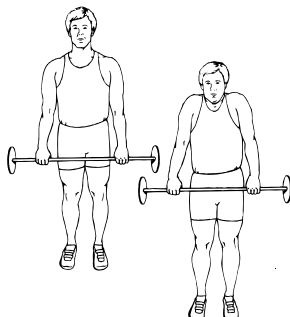
Straighten arm, keeping upper arm in line with body.



Do ____ sets.
Complete ____ repetitions.

BACK: TRAPS - 8 Shrug: Medium Grip (Barbell)

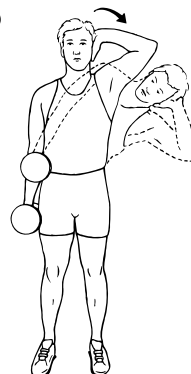
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do ____ sets.
Complete ____ repetitions.

ABS - 37 Side Bend (Dumbbell)

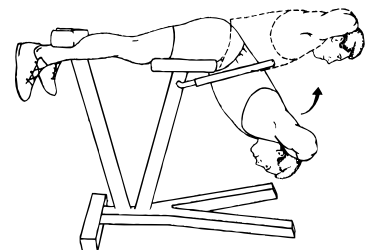
Tighten abdominals and bend to side as far as possible.



Do ____ sets.
Complete ____ repetitions.

BACK: LOW - 9 Extension

Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.



Do ____ sets. Complete ____ repetitions.



TRAINING GOALS

If your goal is to increase muscle size and achieve maximum strength:

1. Complete 3 sets of each exercise:
 - Set #1 - medium weight / 10 repetitions
 - Set #2 - heavier weight / 6 - 8 repetitions (add 5 - 15 lbs)
 - Set #3 - heavier weight / 3 - 5 repetitions (add 5 - 15 lbs)
 2. Rest 2 to 3 minutes between each set.
 3. The last few repetitions in each set will require a challenging effort if the weight is correct.
 4. Increase weight for Set #1 by 5 - 10 pound increments over a 2 to 3 week period.
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