

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Lisa Matochay

Date: 25 JUNE 2010'

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	131	2.23
2	5.6	10:43	144	3.82
3	6.2	9:41	156	5.55
4	6.8	8:49	165	7.00
5				
6				
7				
8				
9				
10				

SUMMARY

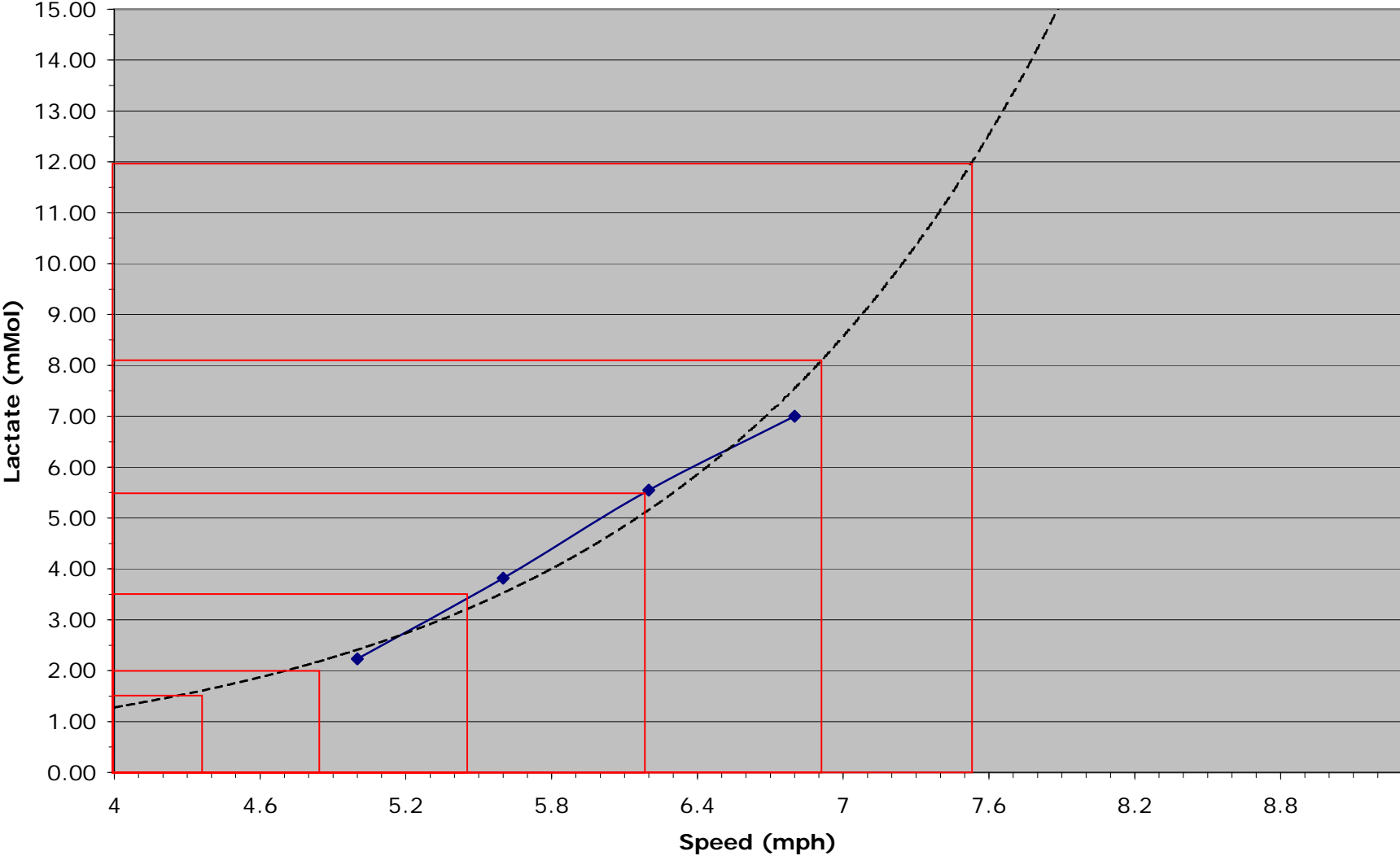
V_{L2}	4.7	WEIGHT (kg)	59.55	TOTAL TIME (min)	15:30'
V_{L4}	5.7	HEIGHT (in)	65	MAX HR (bpm)	165
AT (V)	6.8	Grade (%)	2	LAST STAGE COMPLETED	4
		STAGE TIME (min)	3:00		

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	4.4 - 4.7	13:38 - 12:46	7.04 - 7.52
Zone 2	4.7 - 5.4	12:46 - 11:07	7.52 - 8.64
Zone 3	5.4 - 6.2	11:07 - 9:41	8.64 - 9.92
Zone 4	6.2 - 7.5	9:41 - 8:42	9.92 - 11.04
Zone 5	6.9 -	8:42 - 8:00	11.04 - 12

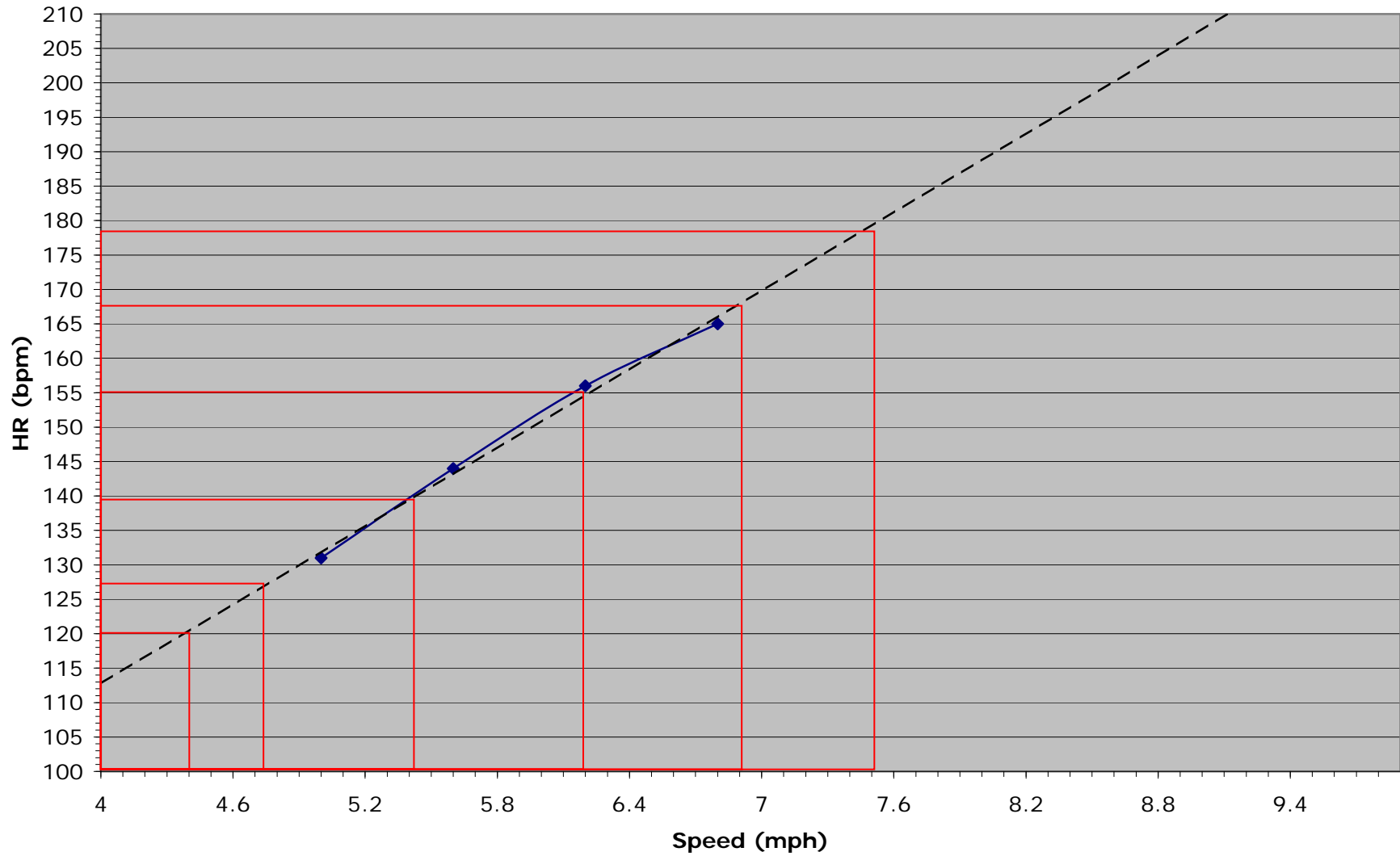
Lactate vs Speed

$y = 0.1011e^{0.6342x}$
 $R^2 = 0.9686$



HR vs Speed

$$y = 19x + 36.9$$
$$R^2 = 0.9936$$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Lisa Matochay

Date: 25 June 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	80	115	1.54
2	100	126	2.29
3	120	134	3.57
4	140	142	5.17
5			
6			
7			
8			
9			

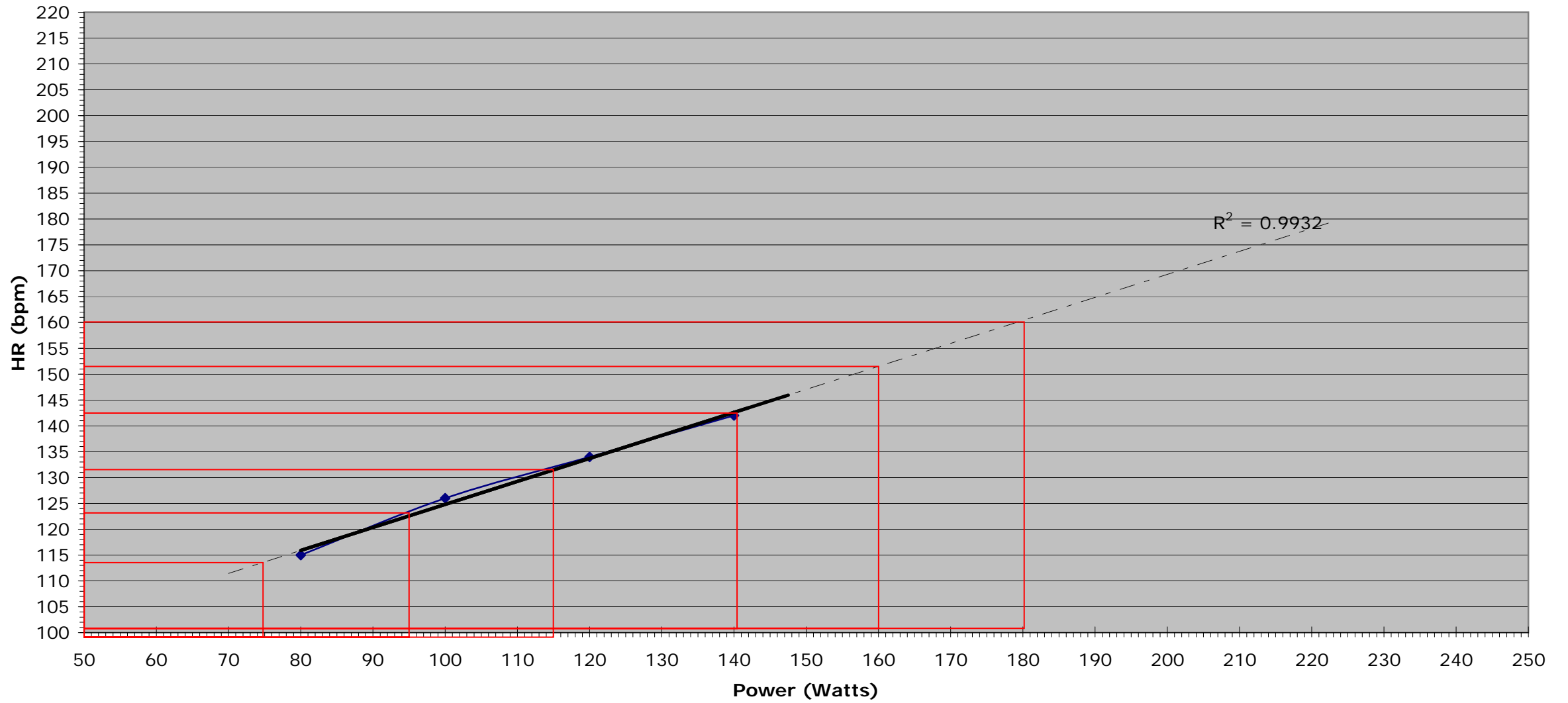
SUMMARY			
WEIGHT (kg)	59.55	TOTAL TIME (min)	11:30'
HEIGHT (in)	65	RPM	90
HR _{peak} (bpm):	142	STAGE TIME (min)	3
W _{L2}	95	LAST STAGE COMPLETED	4
W _{L4}	125	AT (w)	140
W _{peak}	140	AT (W/kg)	2.35

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES		
WATTS		
Zone 1	75-95	1.5 - 2mmol
Zone 2	95-115	2 - 3.5
Zone 3	115-140	3.5 - 5.5
Zone 4	140-160	5.5 - 8
Zone 5	160-180	8 - 12'

* refer to printout or online data for heart rate zones

HR vs Lactate



Lactate vs Power

