

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Mark Coffin

Date: 13 May2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	138	1.49
2	190	151	1.87
3	220	162	2.64
4	250	170	4.73
5	280	176	7.46
6	310	183	12.7
7			
8			
9			

SUMMARY			
WEIGHT (kg)	83.18	TOTAL TIME (min)	17:30'
HEIGHT (in)	71	RPM	90
HR _{peak} (bpm):	183	STAGE TIME (min)	3
W _{L2}	195	LAST STAGE COMPLETED	6
W _{L4}	240	AT (w)	285
W _{peak}	310	AT (W/kg)	3.43

Client reached muscle failure (not able to maintain rpm)

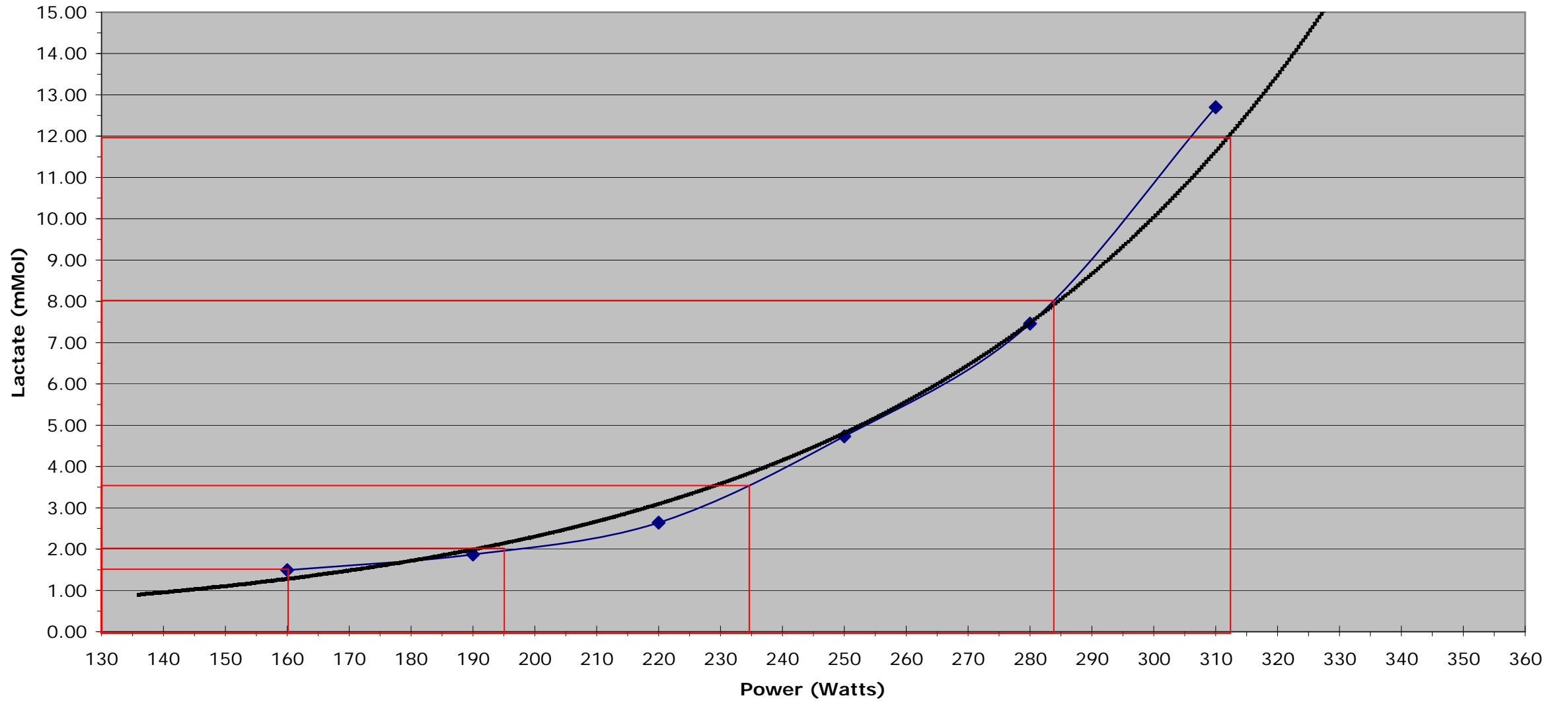
POWER TRAINING ZONES	
WATTS	
Zone 1	160-195
Zone 2	195-235
Zone 3	235-285
Zone 4	285-310
Zone 5	310+

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

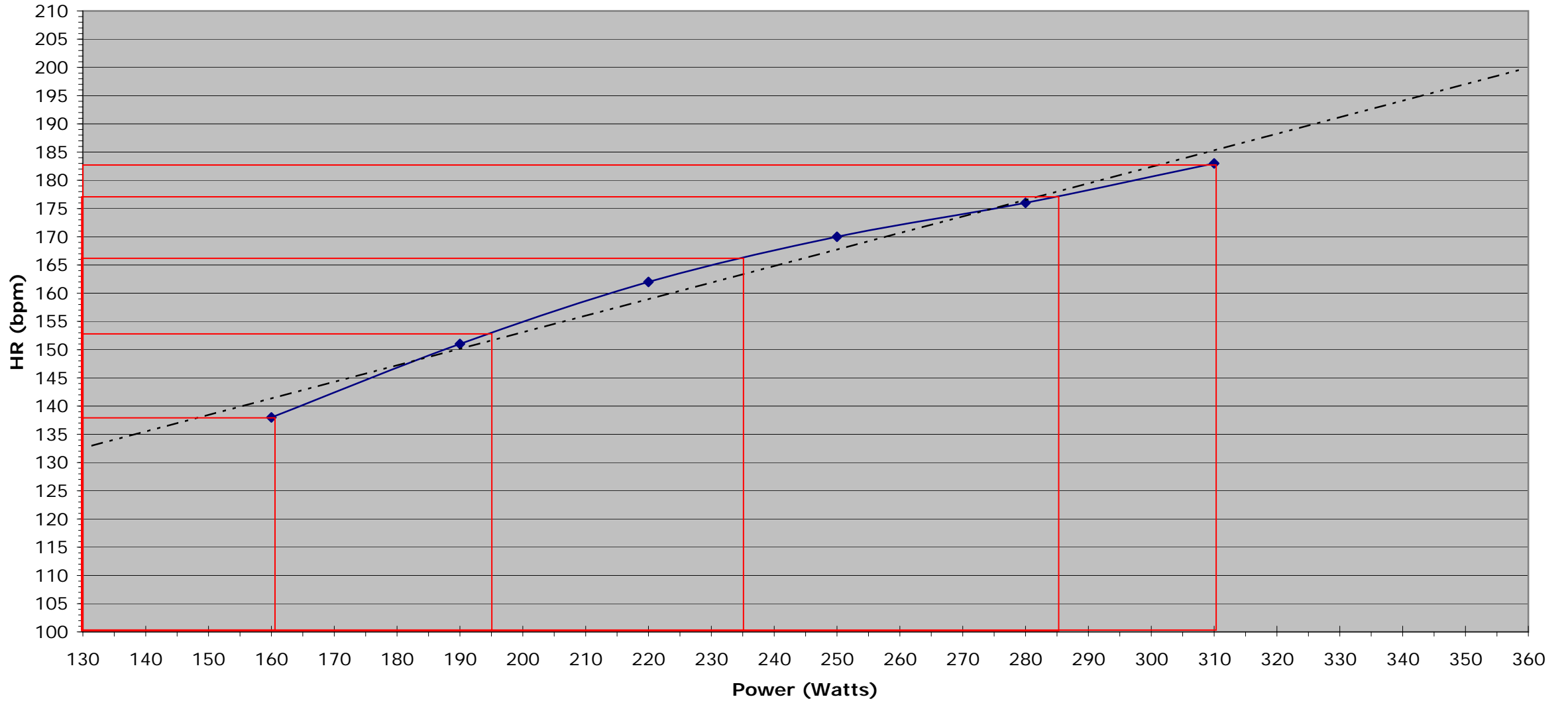
* refer to online data for heart rate zones

Lactate vs Power

$R^2 = 0.9826$



HR vs Lactate



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