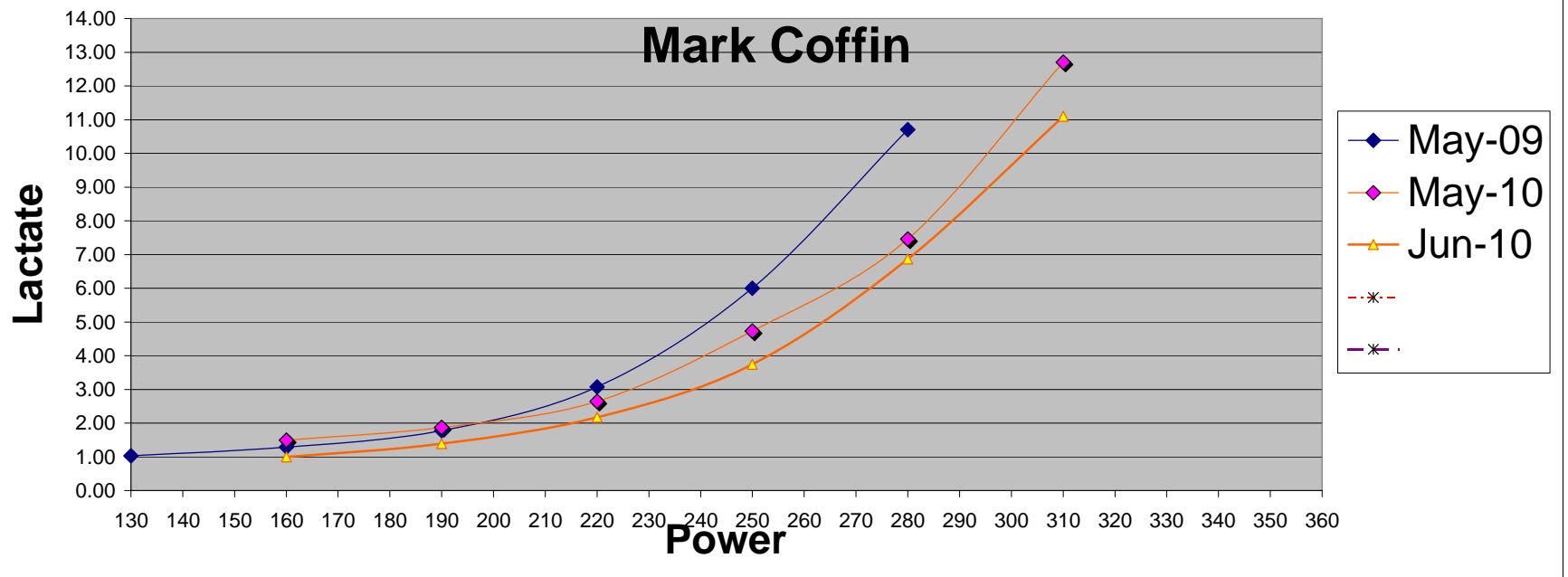


Mark Coffin



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Mark Coffin

Date: 16 June 2010'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	132	1.00
2	190	144	1.39
3	220	155	2.17
4	250	164	3.74
5	280	171	6.87
6	310	175	11.1
7			
8			
9			

SUMMARY			
WEIGHT (kg)	82.27	TOTAL TIME (min)	17:05'
HEIGHT (in)	71	RPM	90
HR _{peak} (bpm):	183	STAGE TIME (min)	3
W _{L2}	220	LAST STAGE COMPLETED	6
W _{L4}	250	AT (w)	305
W _{peak}	310	AT (W/kg)	3.71

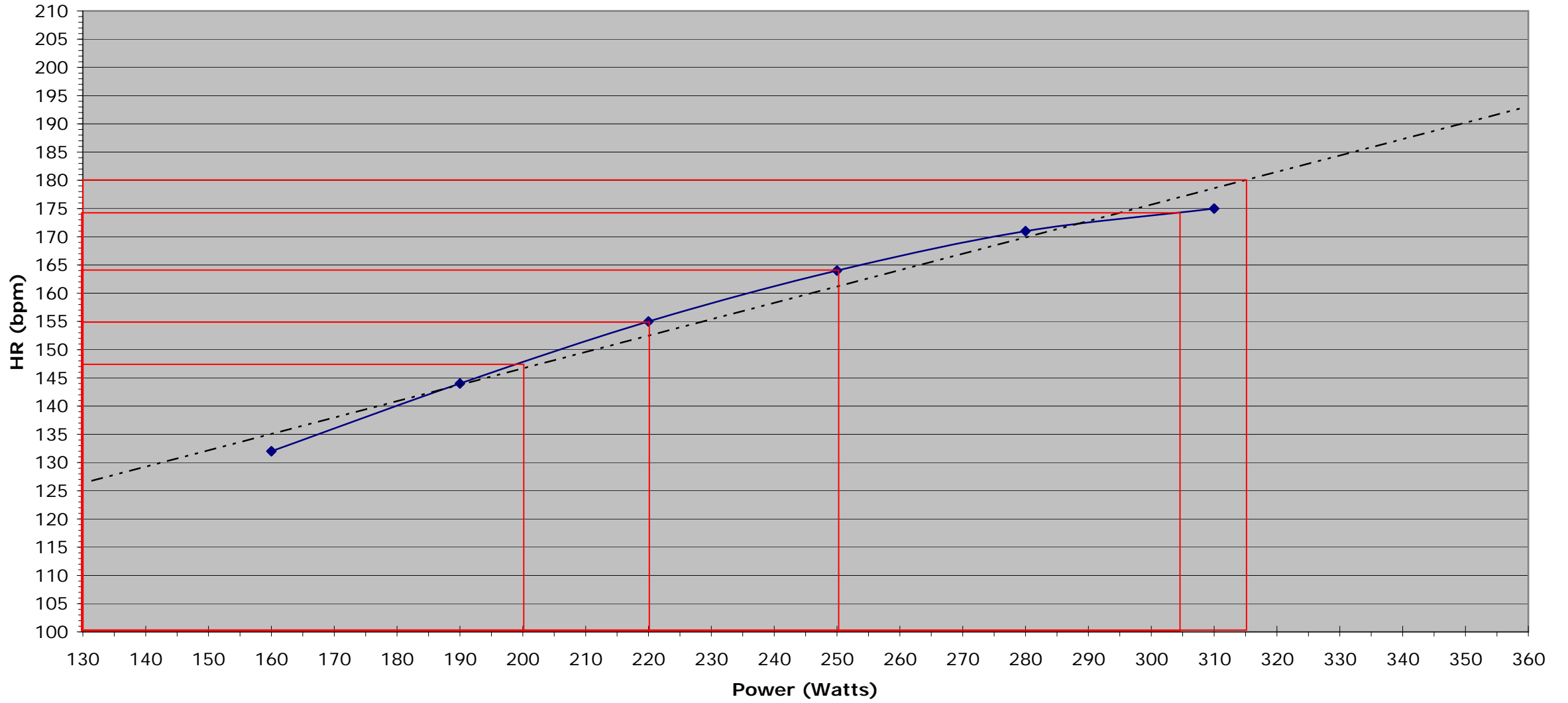
Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	200-220
Zone 2	220-250
Zone 3	250-305
Zone 4	305-315
Zone 5	315+

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

* refer to online data for heart rate zones

HR vs Lactate



Lactate vs Power

$R^2 = 0.9921$

