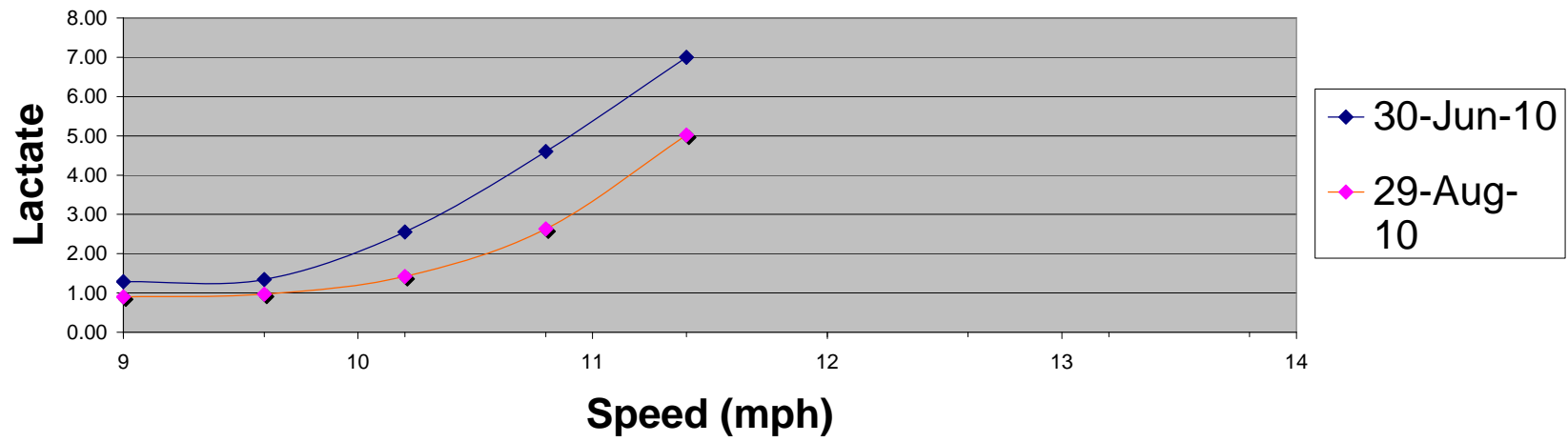


# Matt McCurdy



# Third Coast Training

## THRESHOLD VO<sub>2</sub> MAX INFORMATION

**Name:** Matt McCurdy

**Date:** 29 AUG 2010'

### ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	9	6:40	142	0.90
2	9.6	6:15	152	0.97
3	10.2	5:53	160	1.42
4	10.8	5:33	169	2.63
5	11.4	5:16	173	5.02
6				
7				
8				
9				
10				

### SUMMARY

<b>V<sub>L2</sub></b>	<b>10.6 mph</b>	<b>WEIGHT (kg)</b>	65.91	<b>TOTAL TIME (min)</b>	14:00'
<b>V<sub>L4</sub></b>	<b>11 mph</b>	<b>HEIGHT (in)</b>	70	<b>MAX HR (bpm)</b>	178
<b>AT (V)</b>	<b>11.1 mph</b>	<b>Grade (%)</b>	2	<b>LAST STAGE COMPLETED</b>	5
		<b>STAGE TIME (min)</b>	3:00		

### SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH	Heart Rates
<b>Zone 1</b>	8.1 - 9	7:24 - 6:40	12.96 - 14.4	131 - 141
<b>Zone 2</b>	9 - 10.3	6:40 - 5:50	14.4 - 16.48	141 - 162
<b>Zone 3</b>	10.3 - 11.2	5:50 - 5:21	16.48 - 17.92	162 - 173
<b>Zone 4</b>	11.2 - 12.2	5:21 - 4:55	17.92 - 19.52	172 - 186
<b>Zone 5</b>	12.2 - 12.8	4:55 - 4:41	19.52 - 20.48	186 - 193

# HR vs Speed

$$y = 13.167x + 24.9$$
$$R^2 = 0.9831$$

