

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: **Matthew Wicke**

Date: **29-Dec-11**

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	7	8:34	153	1.45
2	7.6	7:54	160	1.81
3	8.2	7:19	166	2.65
4	8.8	6:49	173	3.98
5	9.4	6:23	179	6.91
6	10	6:00	183	10.50
7				
8				
9				
10				

SUMMARY

	Speed MPH	Min/mile
V _{L2}	7.8	7:42
V _{L4}	8.8	6:49
AT (V)	9.2	6:31
Peak (V)	10	6:00

Grade (2%)

STAGE TIME (3 min)

Power Output

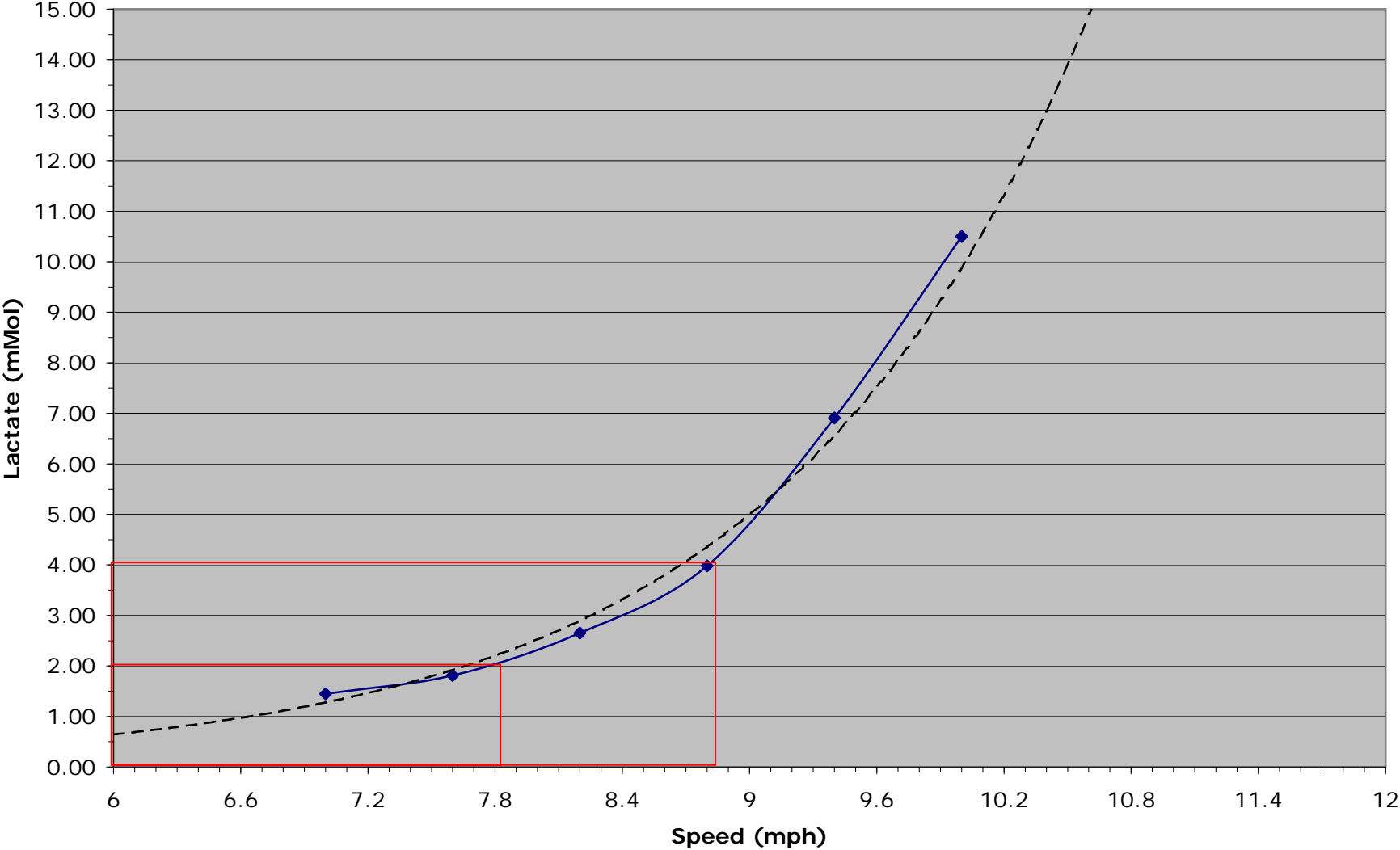
Test	Speed	
	Actual	Ideal Based on Peak
VO ₂ Peak	12	Estimated 12mmol mark
Anaerobic Threshold	9.2	9.6 10.2
Aerobic Threshold	7.8	7.8 8.4

SPEED TRAINING ZONES

	Speed (mph)	Min/mile	KPH
Zone 1	7 - 7.8	8:34 - 7:42	11.2 - 12.48
Zone 2	7.8 - 8.6	7:42 - 6:59	12.48 - 13.76
Zone 3	8.6 - 9.2	6:59 - 6:31	13.76 - 14.72
Zone 4	9.2 - 9.5	6:31 - 6:19	14.72 - 15.2
Zone 5	9.5 - 10.3	6:19 - 5:50	15.2 - 16.48

Lactate vs Speed

$R^2 = 0.9858$



HR vs Speed

$R^2 = 0.9943$

