

# Third Coast Training

## Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	103	1.00
2	160	112	0.98
3	190	127	1.14
4	220	138	1.46
5	250	148	1.87
6	280	159	2.91
7	310	166	4.84
8	340	174	7.96
9	370	181	11

SUMMARY			
WEIGHT (kg)	74.09	TOTAL TIME (min)	26:20'
HEIGHT (in)	69	RPM	90
HR <sub>peak</sub> (bpm):	181	STAGE TIME (min)	3
W <sub>L2</sub>	255	LAST STAGE COMPLETED	9
W <sub>L4</sub>	300	AT (w)	330
W <sub>peak</sub>	370	AT (W/kg)	4.45

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	225-255
Zone 2	255-290
Zone 3	290-330
Zone 4	330-340
Zone 5	340-380

1.5-2.0 Recovery  
 2 - 3.5 Endurance  
 3.5- AT LT  
 AT-8  
 8-12'

\* refer to online data for heart rate zones