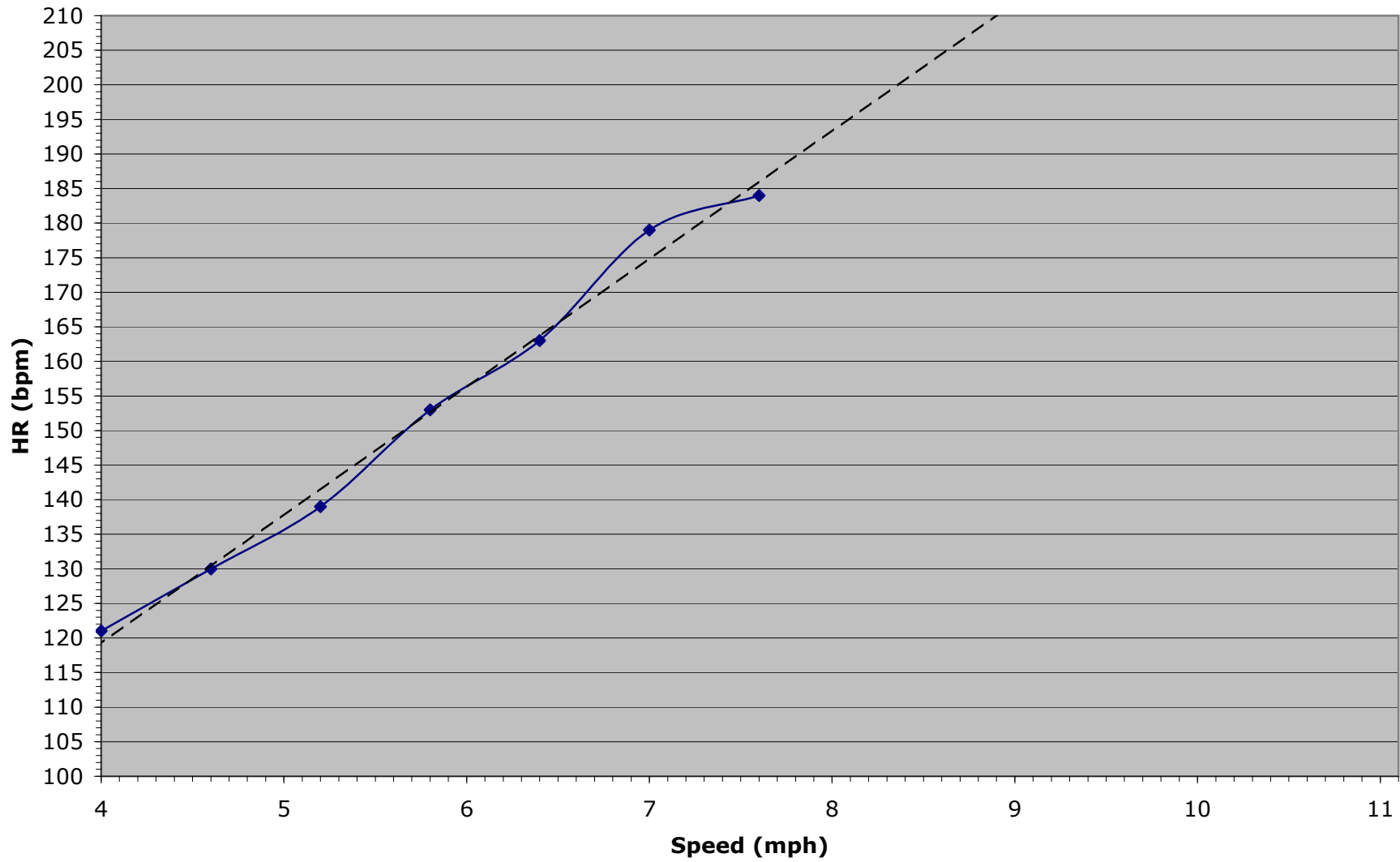


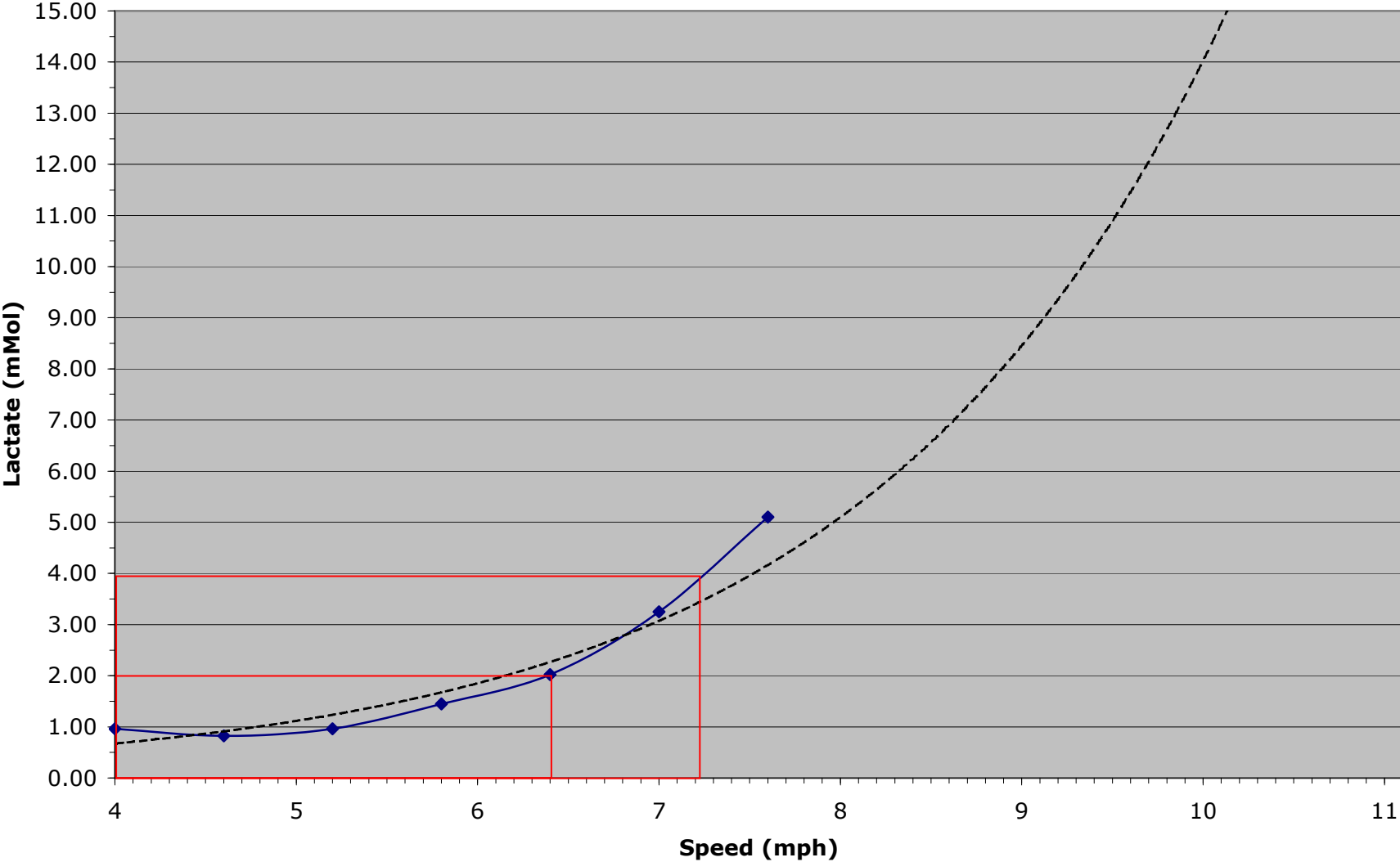
HR vs Speed

$R^2 = 0.9911$



Lactate vs Speed

$y = 0.0889e^{0.5062x}$
 $R^2 = 0.9025$



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Orlando Rodriguez

Date: "MAR 2010

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	4	15:00	121	0.96
2	4.6	13:03	130	0.82
3	5.2	11:32	139	0.96
4	5.8	10:21	153	1.45
5	6.4	9:23	163	2.02
6	7	8:34	179	3.25
7	7.6	7:54	184	5.10
8				
9				
10				

SUMMARY

V_{L2}	6.4	WEIGHT (kg)	89.09	TOTAL TIME (min)	20:30
V_{L4}	7.2	HEIGHT (in)	69	MAX HR (bpm)	184
AT (V)	7.6	Grade (%)	2	VO2 Peak (ml/kg/min)	50.0
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	7

SPEED TRAINING ZONES

	Speed (mph)	Min/mile
Zone 1	5.1 - 5.8	11:46 - 10:21
Zone 2	5.8 - 6.8	10:21 - 8:49
Zone 3	7.1 - 7.7	8:27 - 7:48
Zone 4	7.7 - 9.1	7:48 - 7:04
Zone 5	8.5 -	7:04 - 6:36