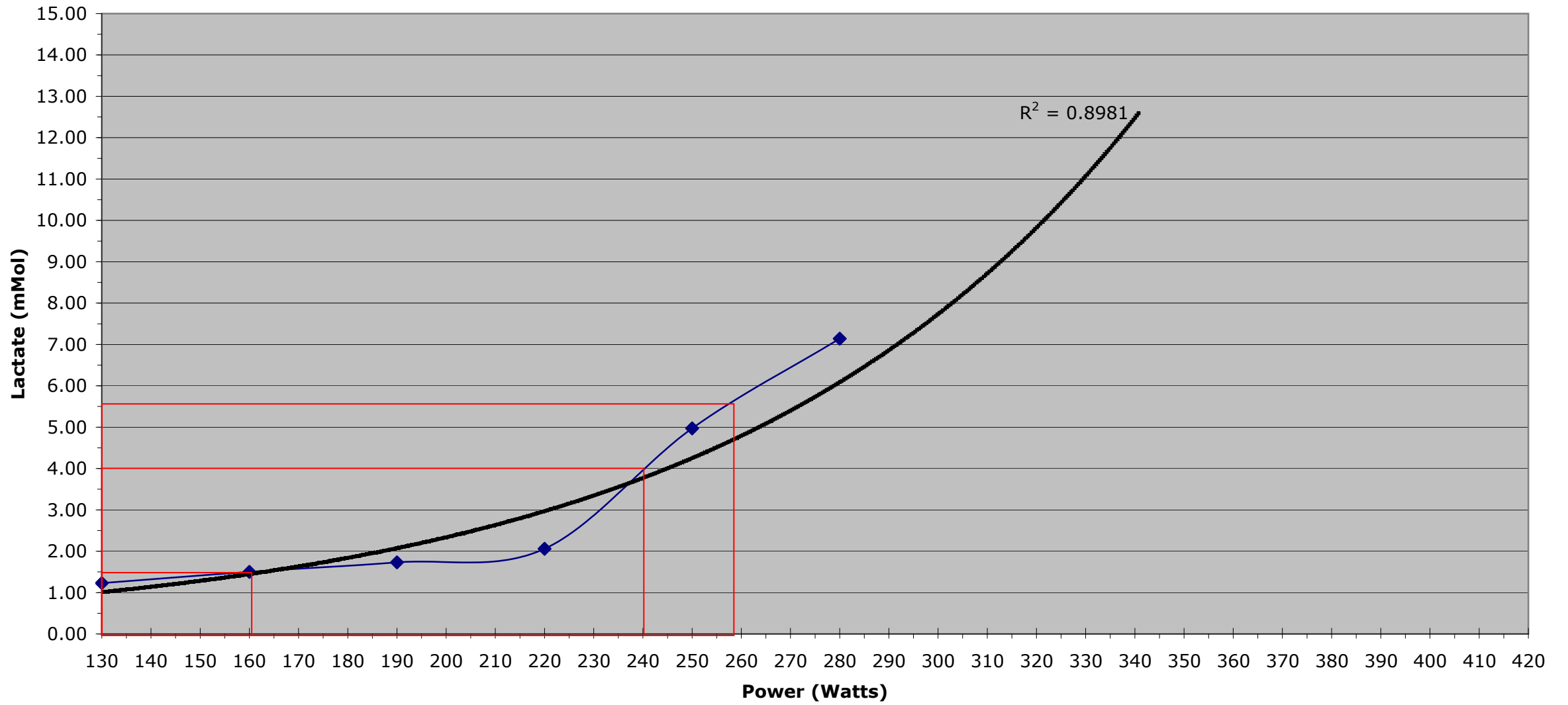
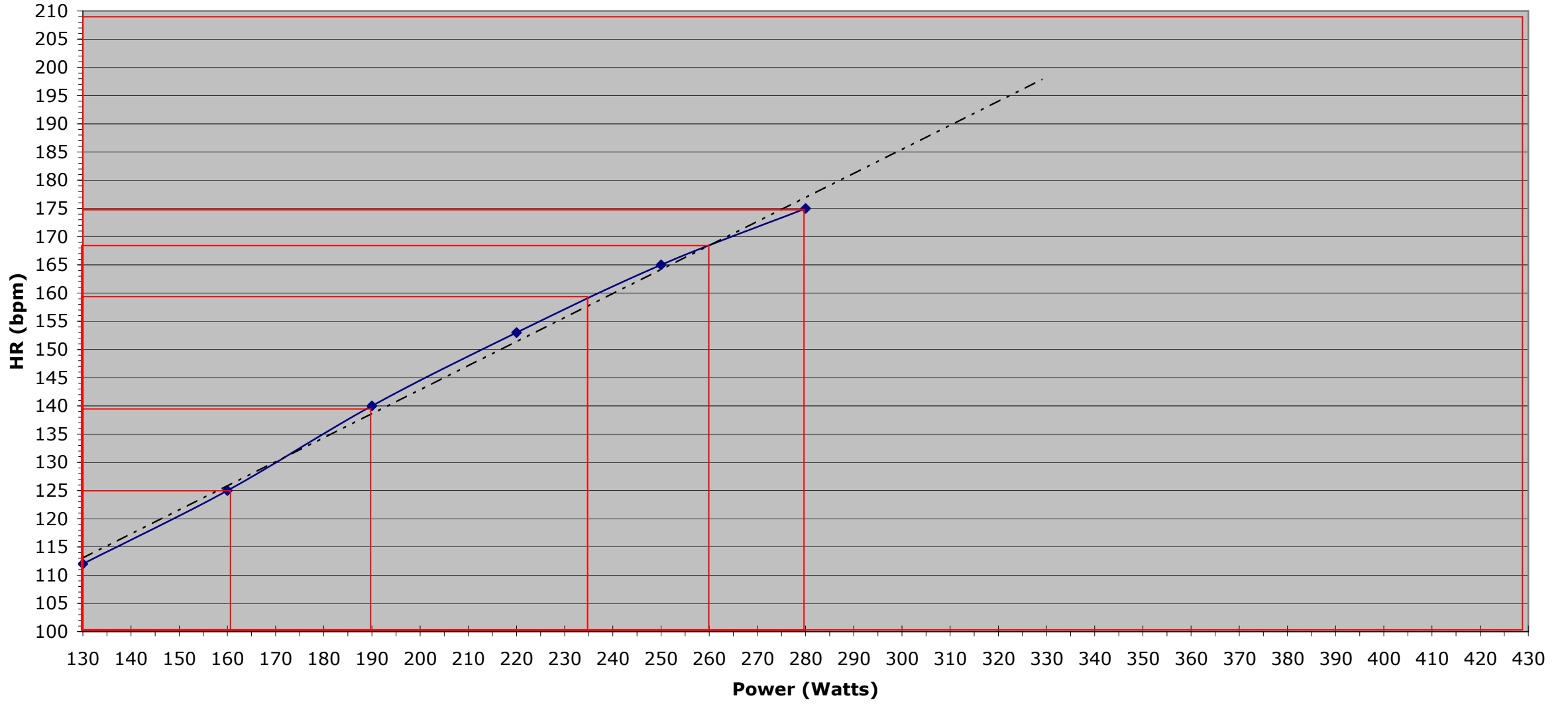


Lactate vs Power



HR vs Lactate



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Patrick LaRue

Date: 8-Apr-10



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	112	1.23
2	160	125	1.50
3	190	140	1.73
4	220	153	2.06
5	250	165	4.97
6	280	175	7.14
7			
8			
9			

SUMMARY			
WEIGHT (kg)	80.45	TOTAL TIME (min)	18:00:00
HEIGHT (in)	70	RPM	80
HR_{peak} (bpm):	175	STAGE TIME (min)	3
W_{L2}	220	LAST STAGE COMPLETED	7
W_{L4}	240	AT (w)	280
W_{peak}	280	AT (W/kg)	3.48

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	160-190
Zone 2	190-235
Zone 3	235-260
Zone 4	
Zone 5	

mmol	
1-1.5	Recovery
1.5 - 3.5	Endurance
3.5-5.5	LT

* refer to printout or online data for heart rate zones