

Third Coast Training

Running Lactate Assessment

Name:

Date:

ASSESSMENT RESULTS			
Stage	Speed	Heart Rate (bpm)	Lactate (mMol)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

SUMMARY			
WEIGHT (lbs)		TOTAL TIME (min)	3
HEIGHT (in)			
HR_{peak} (bpm):		STAGE TIME (min)	
	LAST STAGE COMPLETED		