

# Cycling Test Results

CLIENT DATA	
<b>Name:</b>	Russel Debarbiers
<b>Age (yrs):</b>	
<b>Gender:</b>	Male

<b>Date:</b>	12/1/2006
<b>Time:</b>	

METEOROLOGICAL I	
<b>T<sup>h</sup> (°C):</b>	
<b>RH:</b>	
<b>P<sub>B</sub> (hPa):</b>	

ANTHROPOMETRIC DATA	
<b>Height (cm):</b>	
<b>Weight (kg):</b>	73.0
<b>BMI (kg/m<sup>2</sup>):</b>	
<b>% Body Fat:</b>	

TEST PROTOCOL	
<b>Equipment:</b>	Computrainer
<b>Cadence (RPM):</b>	90
<b>Stage Time (min):</b>	3:00
<b>Workload Increase (W)</b>	30
<b>Notes:</b>	

TEST DATA								
Stage	Power Output (W)	HR (bpm)	BLC (mmol)	VO2 (L/min)	RER	MR (kcal/min)	GE	CE (W)
1	180	126	1.22					
2	210	136	1.54					
3	240	150	2.60					
4	270	160	4.89					
5	300	167	8.15					
6	330	172						

TEST SUMMARY	
<b>Total Time (min):</b>	16:00
<b>Last Stage Completed:</b>	5
<b>HRpeak (bpm):</b>	172
<b>VO2peak (L/min):</b>	
<b>VO2peak (L/min/kg):</b>	
<b>Wpeak (W/kg):</b>	4.2
<b>Gross Efficiency (GE):</b>	
<b>Delta Efficiency (DE):</b>	

TRAINING ZONES				
	W	W/kg	HR (bpm)	CHO (g/
Zone 1	210 - 225	2.9 - 3.1	137 - 143	0 - (
Zone 2	225 - 250	3.1 - 3.4	143 - 151	0 - (
Zone 3	250 - 270	3.4 - 3.7	151 - 158	0 - (
Zone 4	270 - 300	3.7 - 4.1	158 - 169	0 - (
Zone 5	300 - 310	4.1 - 4.2	169+	0 - (

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<b>CE (W/L):</b>			
<b>Trivantage Cycling Standards</b>			
	<b>Wpeak</b>	<b>GE</b>	<b>CE</b>
Poor	< 3.0 W/kg	< 15.9 %	< 55 W/L
Average	3.0-4.0 W/kg	15.9-18.8%	55-65 W/L
Good	4.0-5.0 W/kg	18.8-21.6%	65-75 W/L
Very Good	5.0-5.5 W/kg	21.6-24.5%	75-85 W/L
Excellent	> 5.5 W/kg	> 24.5 %	> 85 W/L

<b>Trivantage Male VO2peak Standards</b>				
	<b>Age 18-30</b>	<b>Age 30-40</b>	<b>Age 40-50</b>	<b>Age 50-60</b>
Poor	< 55	< 45	< 35	< 25
Average	55-60	45-50	35-40	25-30
Good	60-65	50-55	40-45	30-35
Very Good	65-70	55-60	45-50	35-40
Excellent	> 70	> 60	> 50	> 40

<b>Trivantage Female VO2peak Standards</b>				
	<b>Age 18-30</b>	<b>Age 30-40</b>	<b>Age 40-50</b>	<b>Age 50-60</b>
Poor	< 45	< 35	< 25	< 15
Average	45-50	35-40	25-30	15-20
Good	50-55	40-45	30-35	20-25
Very Good	55-60	45-50	35-40	25-30
Excellent	> 60	> 50	> 40	> 30

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