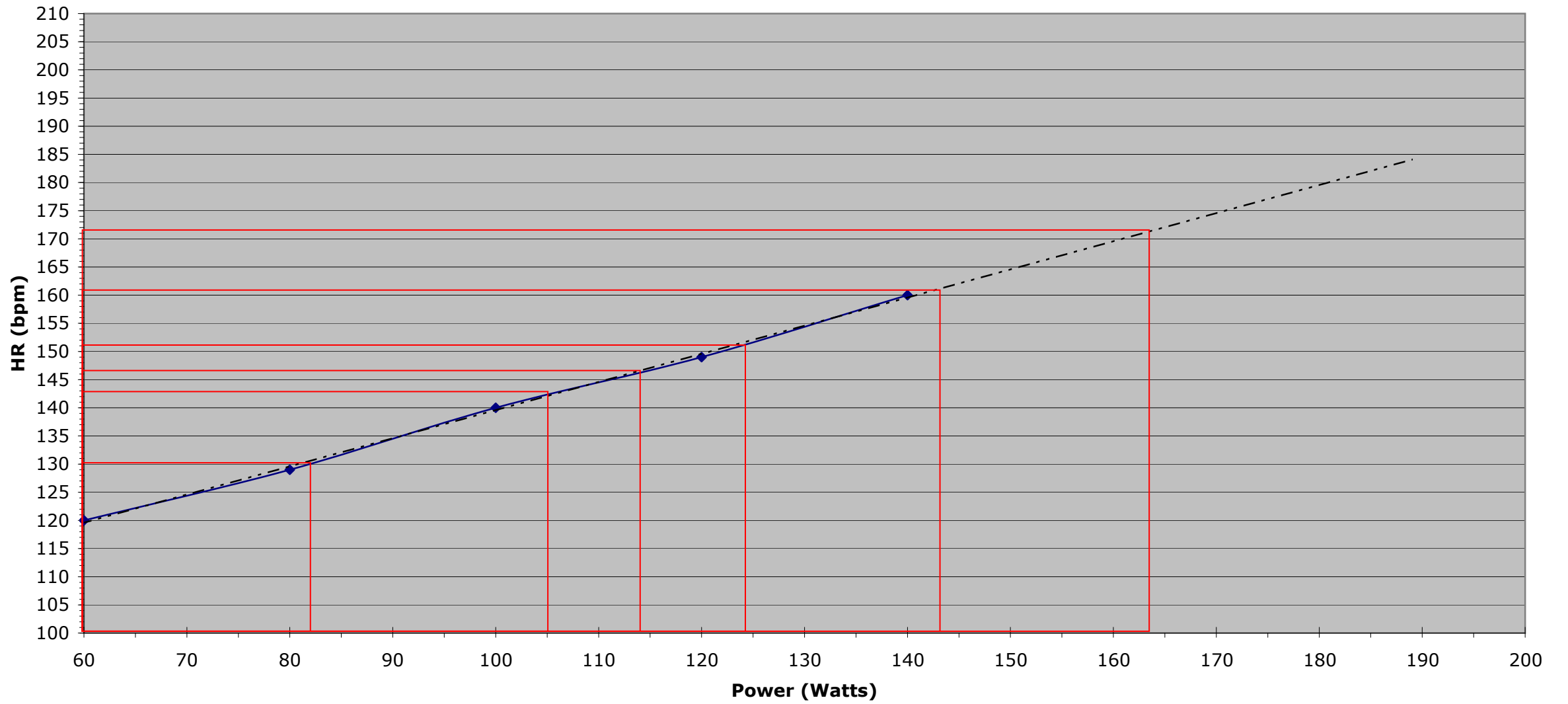


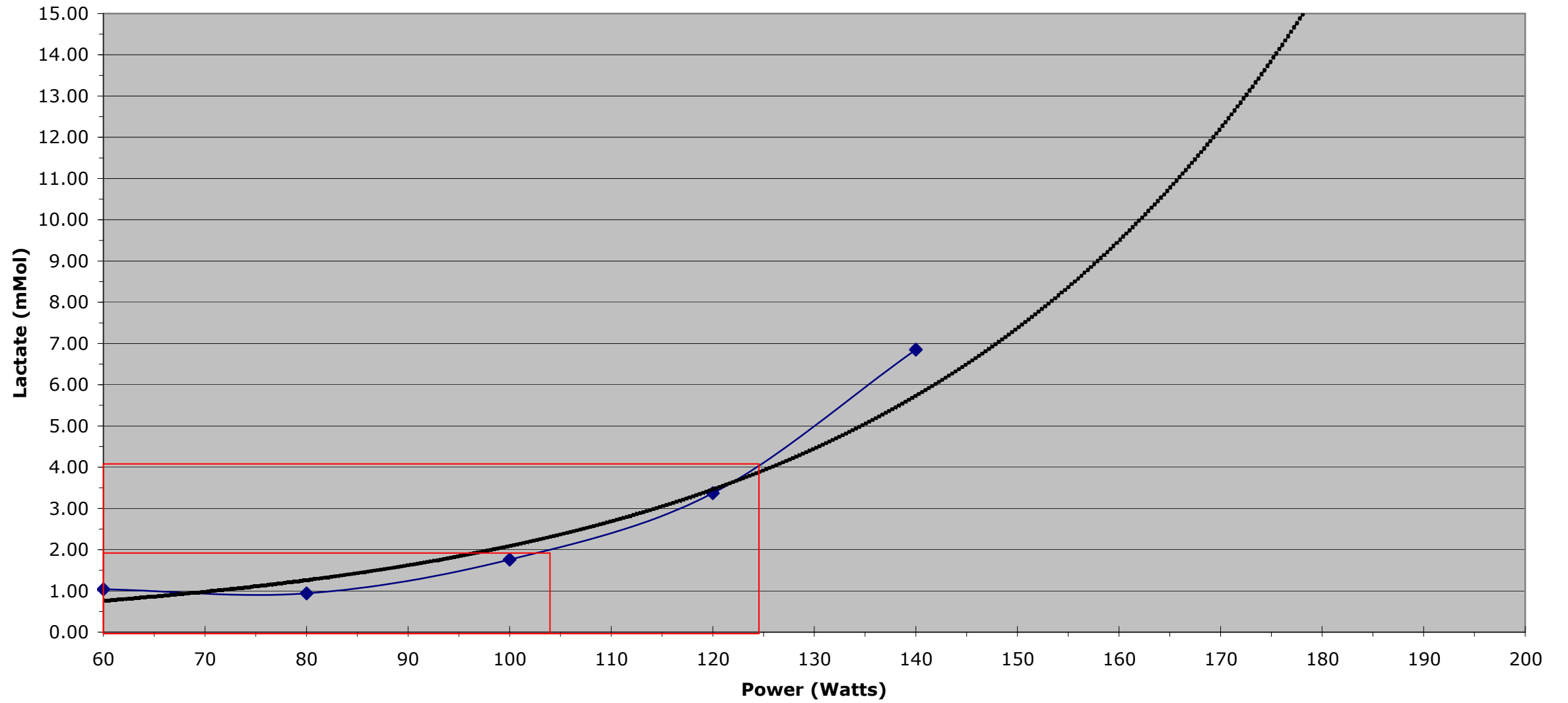
HR vs Lactate

$R^2 = 0.9988$



Lactate vs Power

$R^2 = 0.9121$



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Sarah Andrews

Date: 4 March 2011'



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	60	120	1.04
2	80	129	0.94
3	100	140	1.76
4	120	149	3.37
5	140	160	6.85
6			
7			
8			
9			

SUMMARY			
W_{L2}	105	RPM	85
W_{L4}	125	STAGE TIME (min)	3
W_{peak}	140	LAST STAGE COMPLETED	5
AT (w)	125	AT (W/kg)	2.31

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	80-105
Zone 2	105-115
Zone 3	115-125
Zone 4	125-140
Zone 5	140-165

* refer to printout or online data for heart rate zones