

Third Coast Training

Cycling Power Profile

Name: Sean Rutherford

Date: AUGUST 2010'

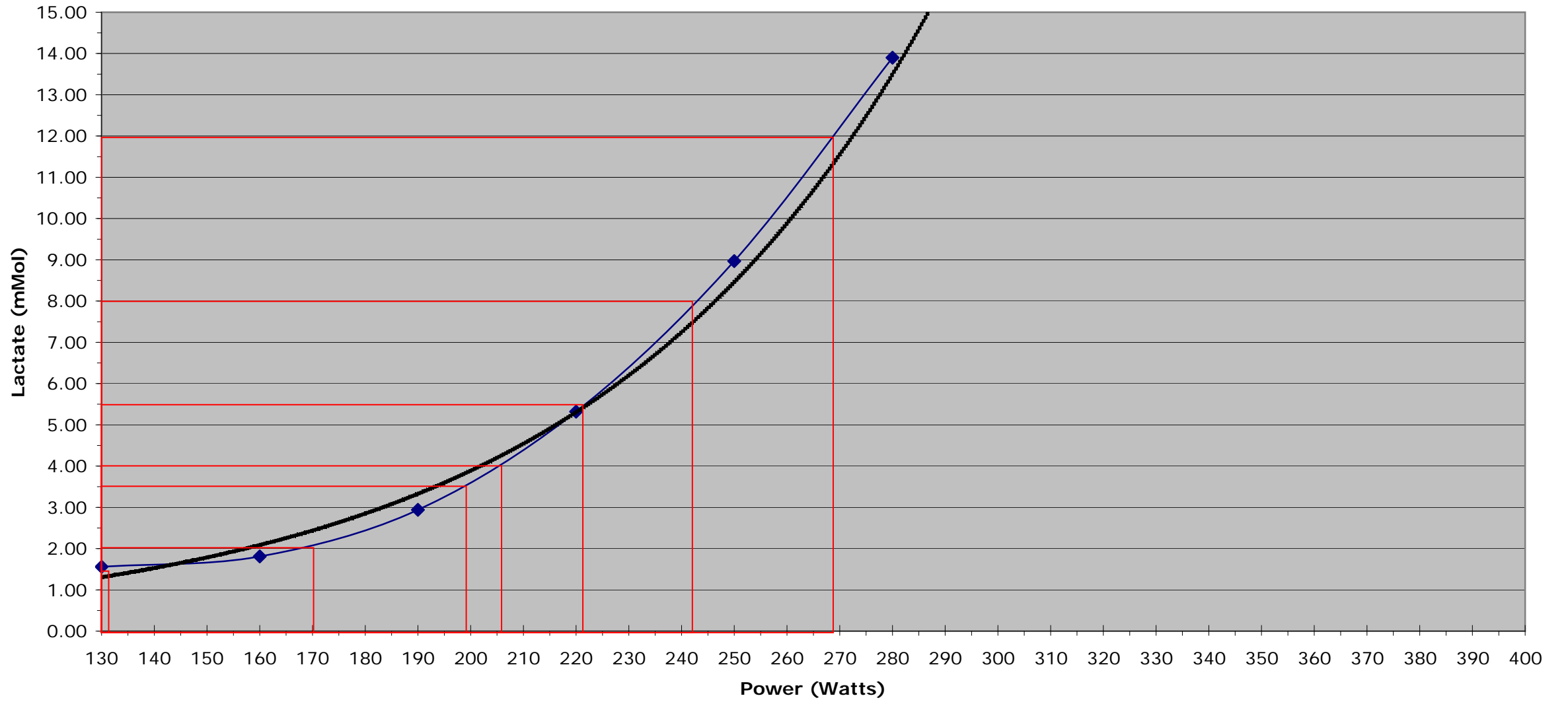


Power Output

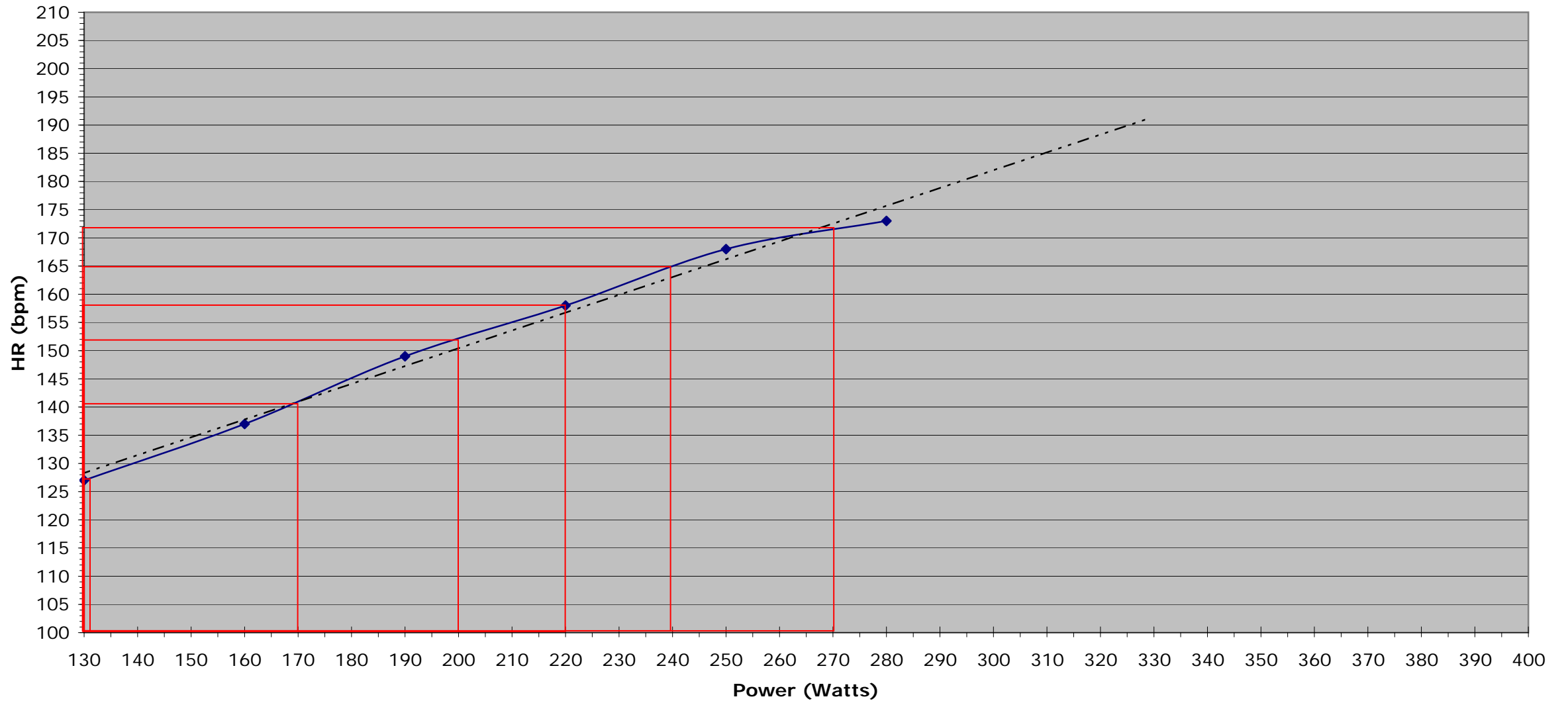
Test		WATTAGE	
	Actual	Ideal	
30s Wingate	822		
VO2 Max		329	370
Anaerobic Threshold		263	314
Aerobic Threshold		171	220
Actual			
VO2 Max	280	-49	-90
Anaerobic Threshold	235	-28	-79
Aerobic Threshold	170	-1	-50

Lactate vs Power

$R^2 = 0.9818$



HR vs Lactate



Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Sean Rutherford

Date: 20-Aug-10



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	127	1.56
2	160	137	1.81
3	190	149	2.94
4	220	158	5.32
5	250	168	8.97
6	280	173	13.90
7			
8			
9			

SUMMARY			
WEIGHT (kg)	65.91	TOTAL TIME (min)	17:00'
HEIGHT (in)	67	RPM	95
HR _{peak} (bpm):	171	STAGE TIME (min)	3
W _{L2}	170	LAST STAGE COMPLETED	6
W _{L4}	205	AT (w)	235
W _{peak}	280	AT (W/kg)	3.57

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	130-170
Zone 2	170-200
Zone 3	220-220
Zone 4	220-240
Zone 5	240-270

1.0-2.0
2 - 3.5
3.5- 5.5
5.5-8
8-12'

* refer to online data for heart rate zones