

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Shawn Wierick

Date: 1-Jan-10



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	160	146	1.76
2	190	160	2.21
3	210	173	2.85
4	240	182	4.42
5	270	188	6.71
6	300	193	9.98
7			
8			
9			

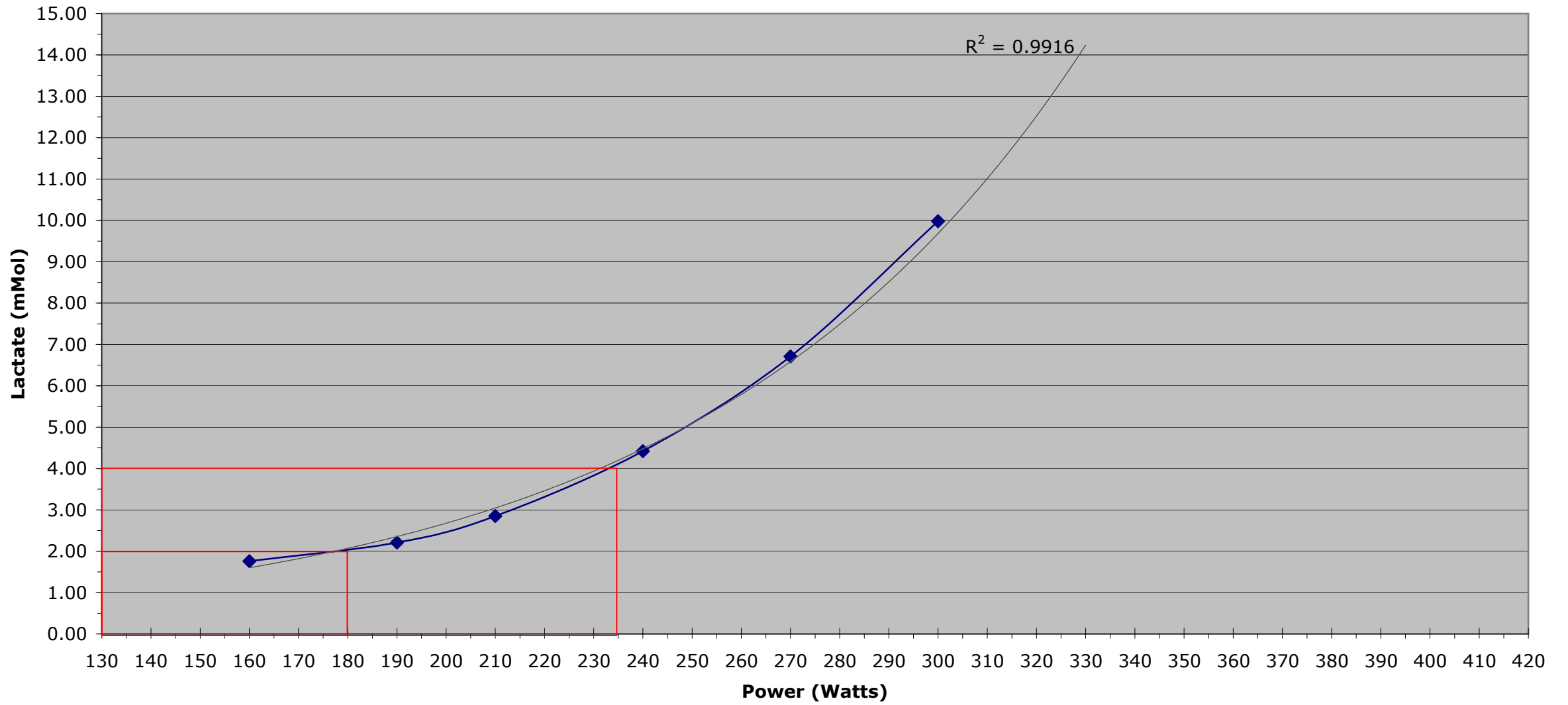
SUMMARY			
WEIGHT (kg)	83.73	TOTAL TIME (min)	20:40:00
HEIGHT (in)	72	RPM	80
HR_{peak} (bpm):	193	STAGE TIME (min)	3
W_{L2}	180	LAST STAGE COMPLETED	6
W_{L4}	235	AT (w)	300
W_{peak}	300	AT (W/kg)	3.58

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	160-180
Zone 2	180-250
Zone 3	250-300
Zone 4	300-320
Zone 5	320-340

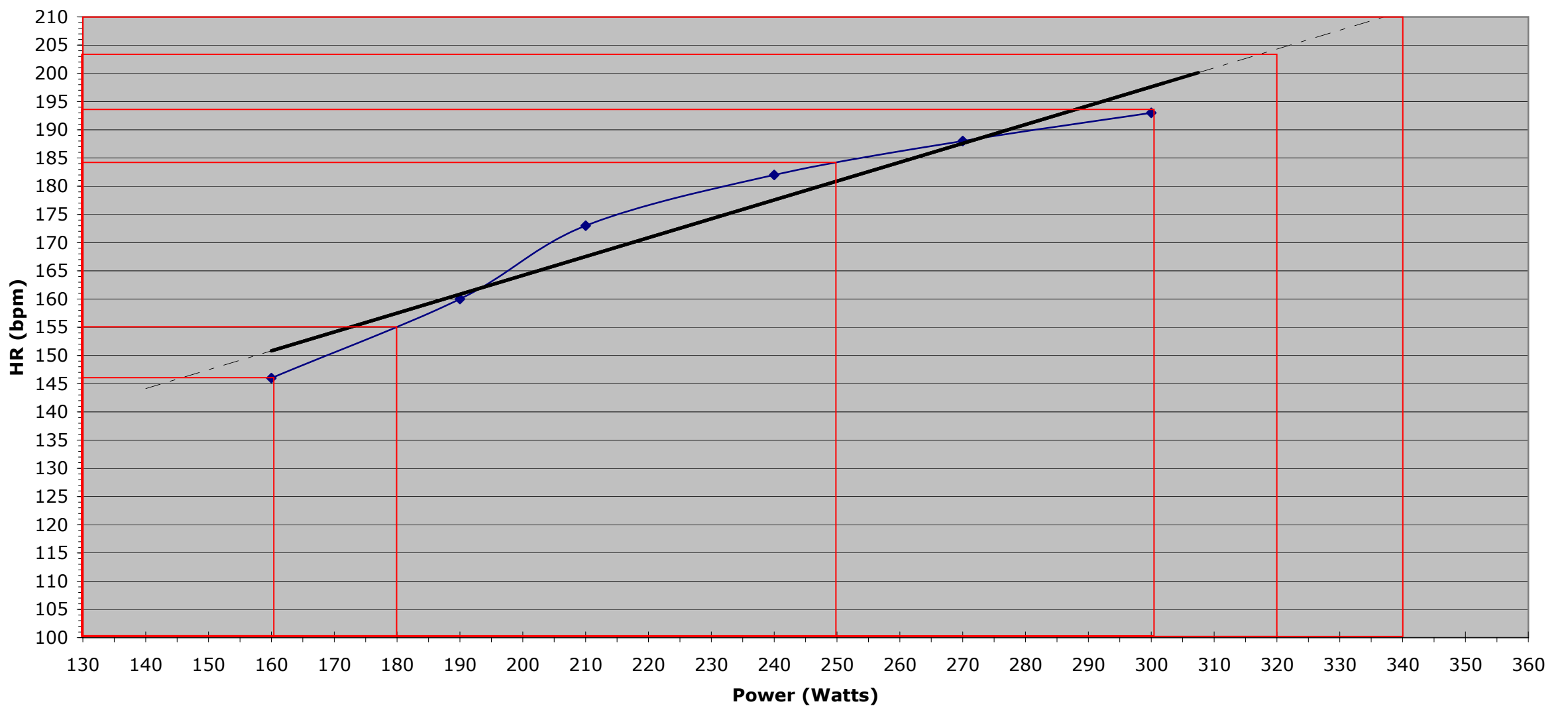
* refer to printout or online data for heart rate zones

Lactate vs Power



HR vs Lactate

R² = 0.9407



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Shawn Wierick

Date: "Jan 2010

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	6.8	8:49	149	1.87
2	7.5	8:00	163	1.77
3	8.1	7:24	177	2.31
4	8.7	6:54	185	3.40
5	9.3	6:27	192	5.54
6	9.9	6:04	197	8.20
7				
8				
9				
10				

SUMMARY

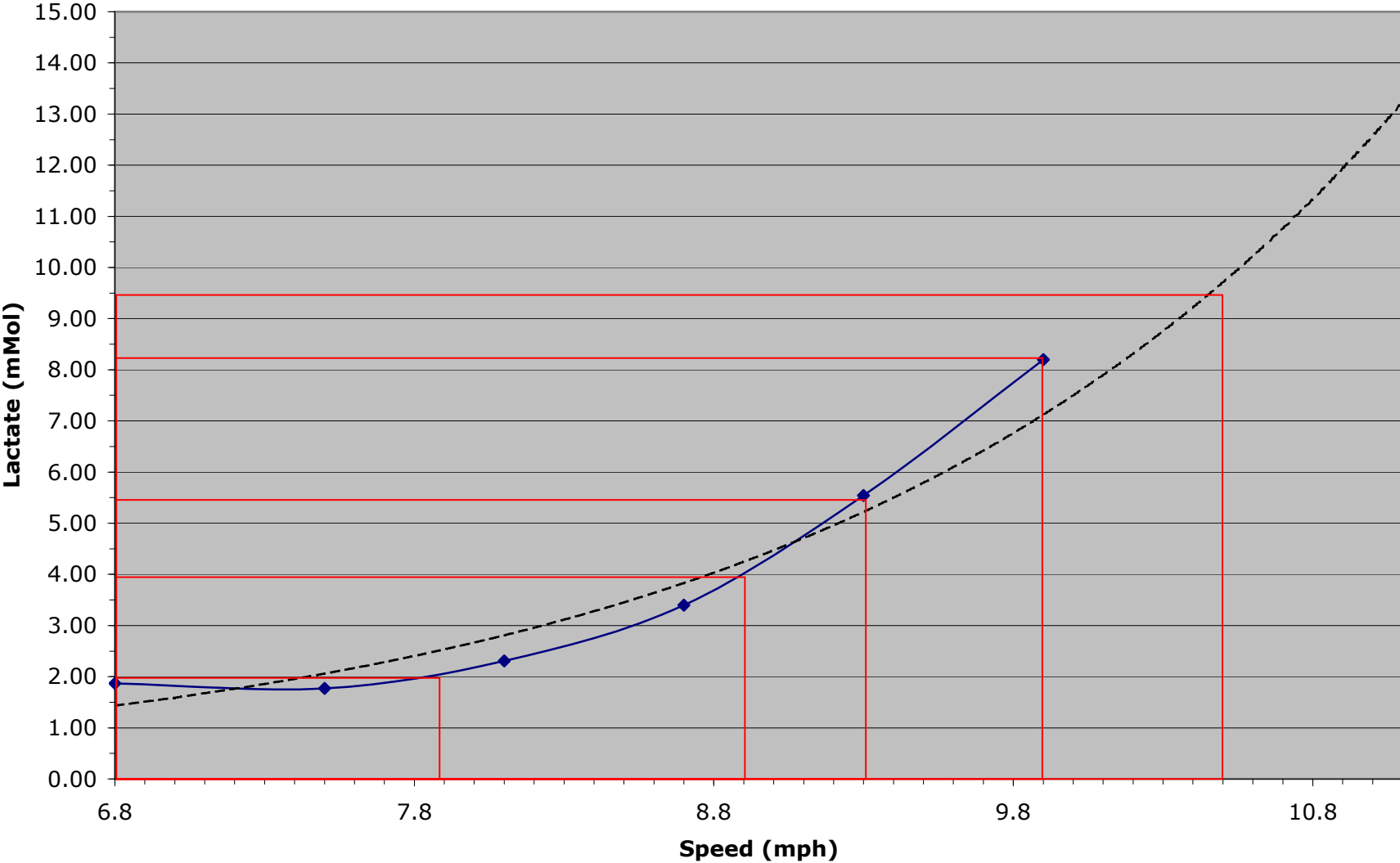
V_{L2}	7.9 mph	WEIGHT (kg)	83.73	TOTAL TIME (min)	21:00
V_{L4}	8.9 mph	HEIGHT (in)	72	MAX HR (bpm)	197
AT (V)	8.8 mph	Grade (%)	2	VO2 Peak (ml/kg/min)	55.8
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	6

SPEED TRAINING ZONES

	Speed (mph)	Min/mile
Zone 1	7.5 - 7.9	8:00 - 7:36
Zone 2	7.9 - 8.3	7:36 - 7:14
Zone 3	8.3 - 8.8	7:14 - 6:49
Zone 4	8.8 - 9.9	6:49 - 6:04
Zone 5	9.9 - 10.5	6:04 - 5:43

Lactate vs Speed

$y = 0.0427e^{0.5168x}$
 $R^2 = 0.9126$



HR vs Speed

$$y = 15.634x + 46.099$$
$$R^2 = 0.9679$$

