

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Steve Vierra

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	100	125	1.95
2	130	139	2.52
3	160	146	3.84
4	190	158	6.36
5			
6			
7			
8			
9			

SUMMARY			
W_{L2}	100	RPM	80
W_{L4}	160	STAGE TIME (min)	3
W_{peak}	220	LAST STAGE COMPLETED	4
AT (w)	180	AT (W/kg)	1.32

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	65-100
Zone 2	100-155
Zone 3	155-180
Zone 4	180-210
Zone 5	210-240

* refer to printout or online data for heart rate zones