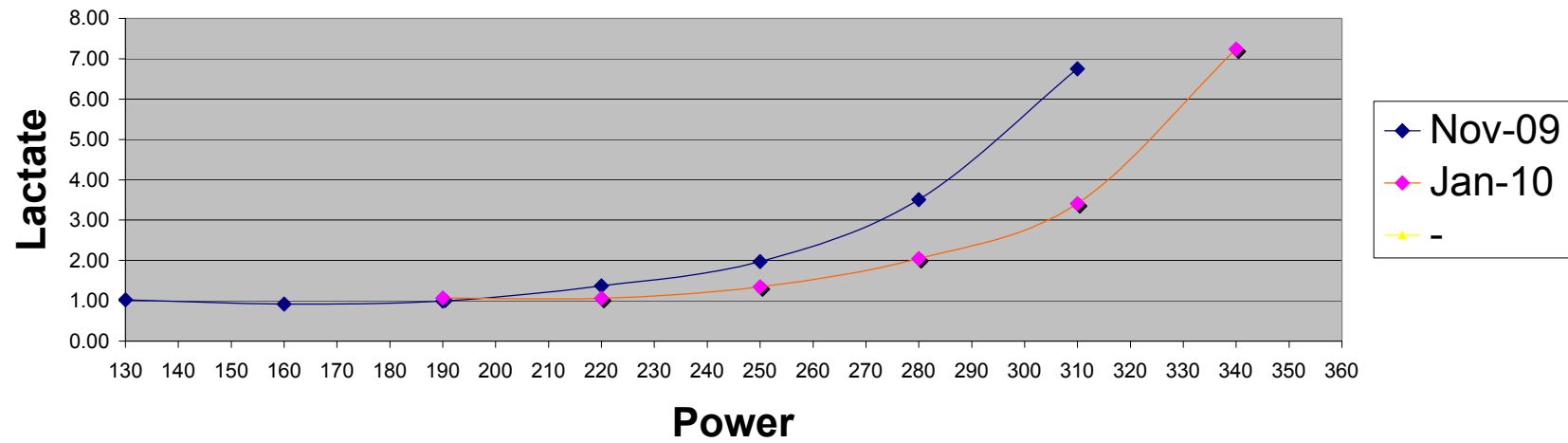


# Jeremey Thomson



# Third Coast Training

## Cycling VO2 & Lactate Assessment

Name: Thomas Kubicek

Date: 27-Jan-10



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	190	143	1.07
2	220	154	1.06
3	250	169	1.35
4	280	178	2.05
5	310	182	3.41
6	340	187	7.24
7			
8			
9			

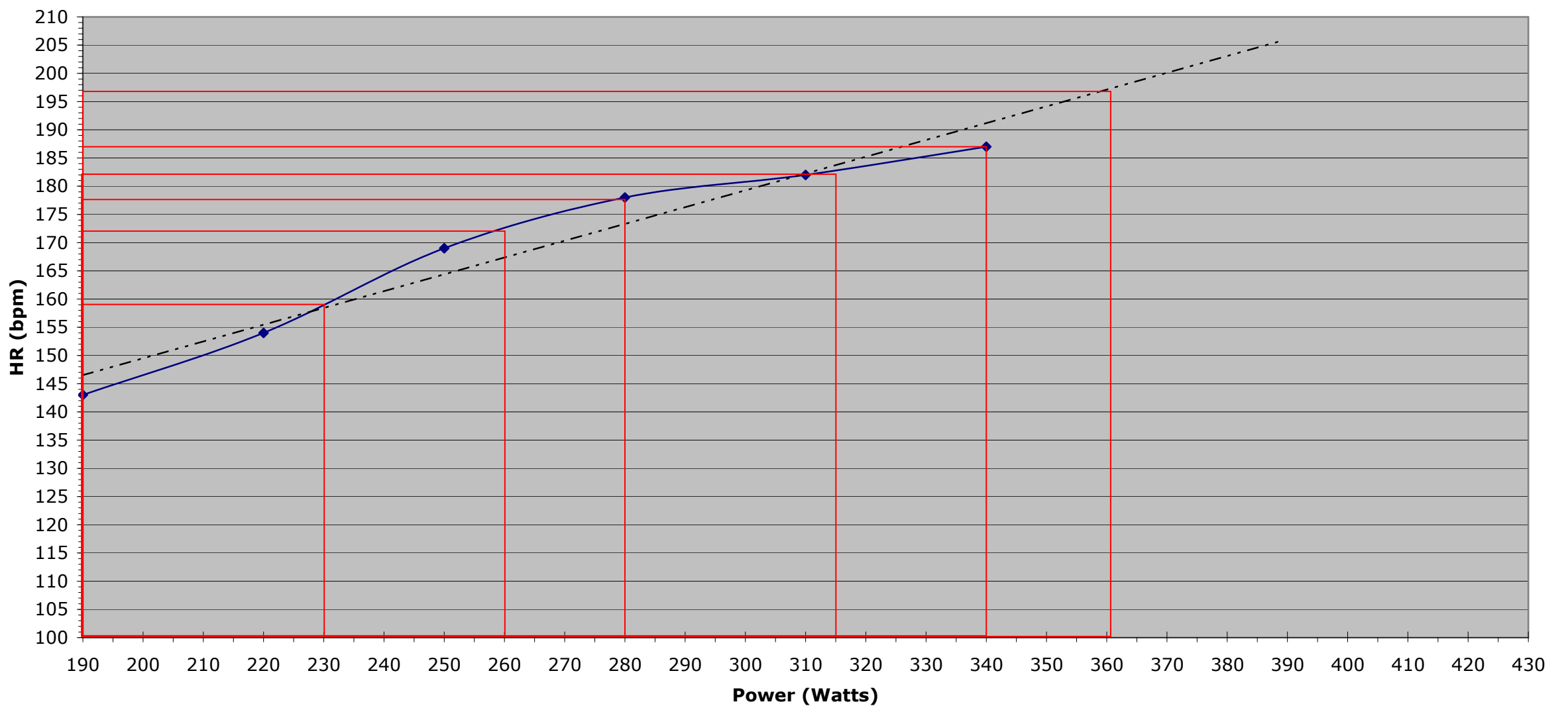
SUMMARY			
<b>WEIGHT (kg)</b>	76.45	<b>TOTAL TIME (min)</b>	17:56:00
<b>HEIGHT (in)</b>	71.5	<b>RPM</b>	80
<b>HR<sub>peak</sub> (bpm):</b>	187	<b>STAGE TIME (min)</b>	3
<b>W<sub>L2</sub></b>	280	<b>LAST STAGE COMPLETED</b>	6
<b>W<sub>L4</sub></b>	315	<b>AT (w)</b>	340
<b>W<sub>peak</sub></b>	340	<b>AT (W/kg)</b>	4.45

Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
<b>Zone 1</b>	230-260
<b>Zone 2</b>	260-315
<b>Zone 3</b>	315-340
<b>Zone 4</b>	315-360
<b>Zone 5</b>	360-390

\* refer to printout or online data for heart rate zones

# HR vs Lactate



# Lactate vs Power

