

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Tim Cooper

Date: 23-Sep-09

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	5	12:00	151	1.99
2	5.6	10:43	163	2.73
3	6.2	9:41	170	3.29
4	6.8	8:49	177	3.78
5	7.5	8:00	185	4.48
6	8.1	7:24	190	5.52
7	8.7	6:54	193	6.38
8				
9				
10				

SUMMARY

WEIGHT (kg)	82.73	TOTAL TIME (min)	16:43
HEIGHT (in)	70	MAX HR (bpm)	193
Grade (%)	2	VO2 Peak (ml/kg/min)	46.0
STAGE TIME (min)	3:00	LAST STAGE COMPLETED	7