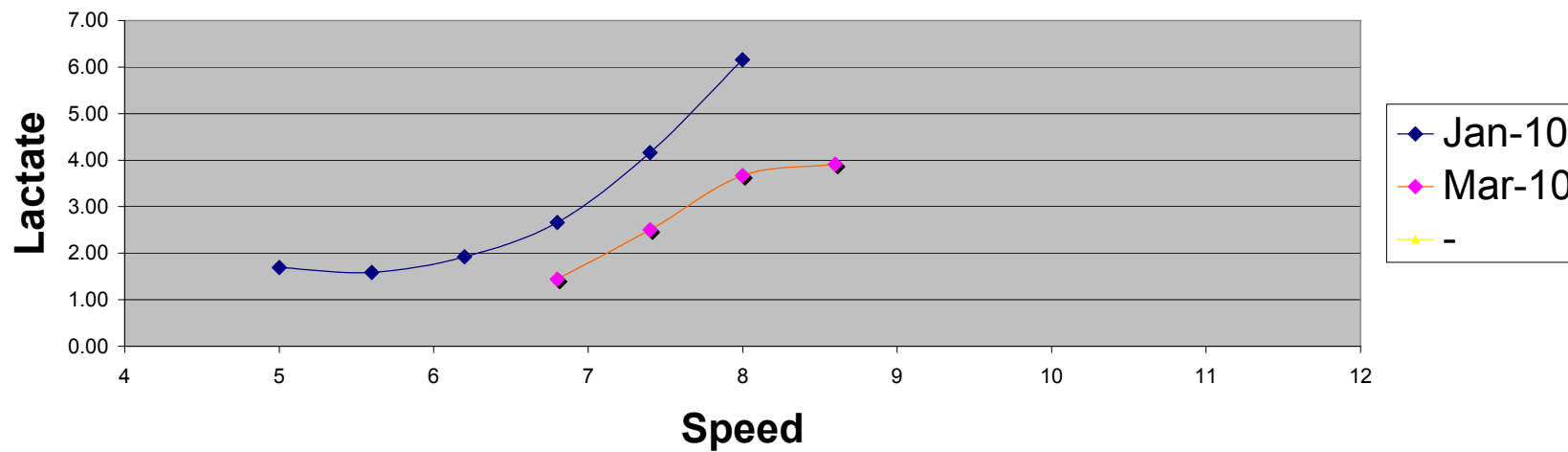


Tim Mason



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Tim Mason

Date: "MAR 2010

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	6.8	8:49	139	1.44
2	7.4	8:06	150	2.50
3	8	7:30	159	3.67
4	8.6	6:59	168	3.91
5				
6				
7				
8				
9				
10				

SUMMARY

V_{L2}	7.1	WEIGHT (kg)	78.91	TOTAL TIME (min)	13:59
V_{L4}	8.6	HEIGHT (in)	70	MAX HR (bpm)	169
AT (V)	9.3	Grade (%)	2	VO2 Peak (ml/kg/min)	48.4
		STAGE TIME (min)	3:00	LAST STAGE COMPLETED	4

SPEED TRAINING ZONES

	Speed (mph)	Min/mile
Zone 1	5.9 - 6.7	10:10 - 8:57
Zone 2	6.7 - 8.2	8:57 - 7:19
Zone 3	8.2 - 8.8	7:19 - 6:49
Zone 4	8.8 - 10.4	6:49 - 6:15
Zone 5	9.6 -	6:15 - 5:46

HR vs Speed

$R^2 = 0.9974$

