

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Vicki Lynch

Date: 23-Sep-09

ASSESSMENT RESULTS

Stage	Speed (mph)	Speed (min/mile)	Heart Rate (bpm)	Lactate (mMol)
1	3	20:00	98	1.22
2	3.8	15:47	135	1.87
3	4.4	13:38	149	3.53
4	5	12:00	157	3.94
5	5.6	10:43	164	6.72
6				
7				
8				
9				
10				

SUMMARY

WEIGHT (kg)	71.18	TOTAL TIME (min)	16:43
HEIGHT (in)	64	MAX HR (bpm)	164
Grade (%)	2	VO2 Peak (ml/kg/min)	36.7
STAGE TIME (min)	3:00	LAST STAGE COMPLETED	5