

# Third Coast Training

## Cycling VO2 & Lactate Assessment

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 Weight (lbs) 142  
 Date: 1-Dec-11



oe

### ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	100	137	1.12
2	130	152	1.33
3	160	165	2.18
4	190	175	3.77
5	220	184	6.56
6	250	192	11.10
7			
8			
9			
10			

### SUMMARY

Watts			
WL2	155	STAGE TIME (min)	3
WL4	195	RPM	80
AT (W)	190	AT (W/kg)	2.94
Peak (W)	250	pVO2 Peak	3.87

### POWER TRAINING ZONES

WATTS	
Zone 1	35-115
Zone 2	115-140
Zone 3	140-160
Zone 4	160-195
Zone 5	195-220

## Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	250		
Anaerobic Threshold	190	200	213
Aerobic Threshold	155	163	175

## Cycling Power Profile

Based on Peak Power (Wingate)

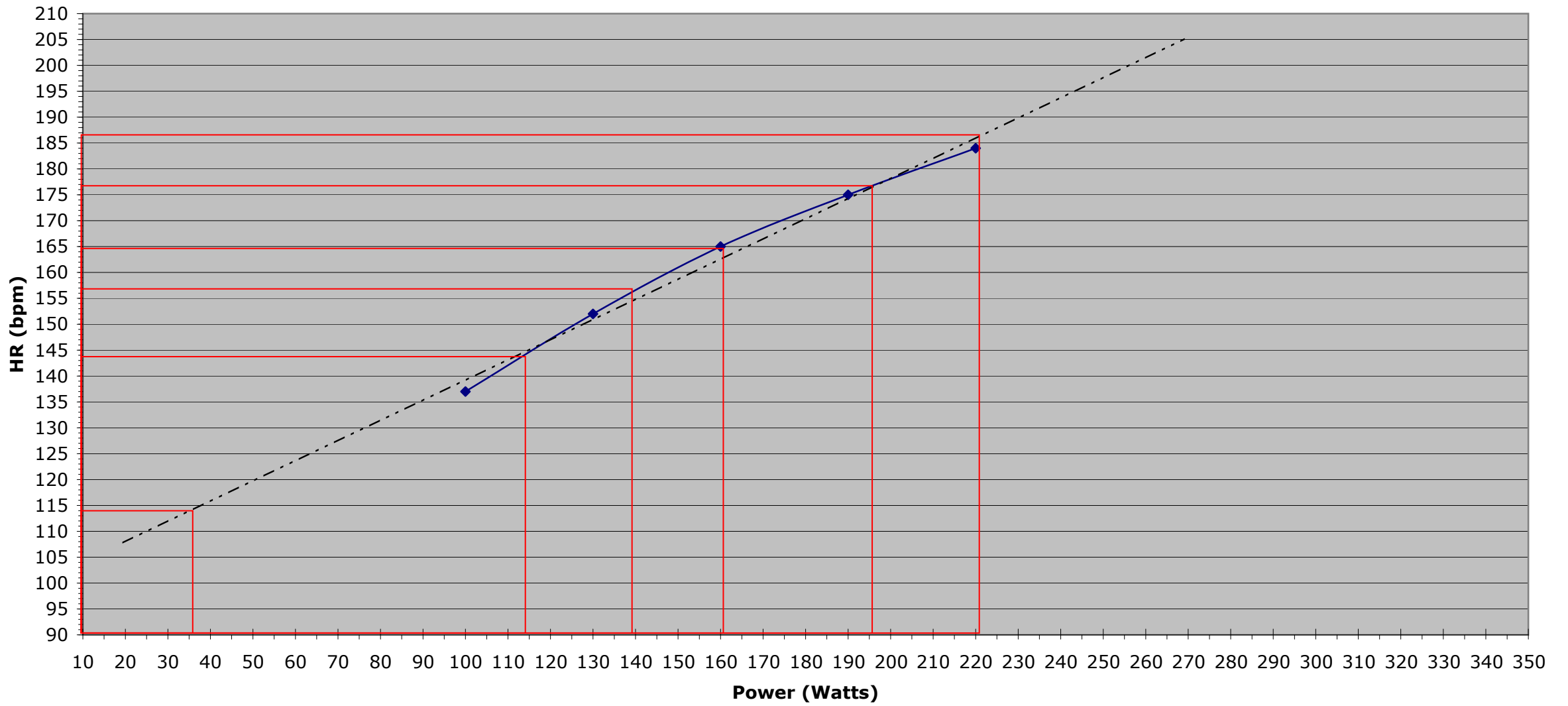
Test	WATTAGE	
	Actual	Ideal
30s Wingate	0	
VO2 Peak		0
Anaerobic Threshold		0
Aerobic Threshold		0

### Third Coast Training - pVO2 Peak Cycling Standards

	Male		Female
Poor	<3.0 W/kg	Poor	<2.5 W/kg
Average	3.0 - 4.0 W/kg	Average	2.5 - 3.5 W/kg
Good	4.0 - 5.0 W/kg	Good	3.5 - 4.5 W/kg
Very Good	5.0 - 5.5 W/kg	Very Good	4.5 - 5.0 W/kg
Excellent	5.5+ W/kg	Excellent	5.0+ W/kg

# HR vs Lactate

$R^2 = 0.9882$



# Lactate vs Power

