

# Third Coast Training

## Cycling VO2 & Lactate Assessment

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 Weight (lbs) **180**  
 Date: **22-Nov-11**



oe

### ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	100	136	1.13
2	130	149	1.42
3	160	163	2.26
4	190	175	3.46
5	220	185	5.88
6	250	196	9.09
7	280	204	13.80
8			
9			
10			

### SUMMARY

Watts			
<b>V<sub>L2</sub></b>	150	STAGE TIME (min)	3
<b>V<sub>L4</sub></b>	200	RPM	90
<b>AT (V)</b>	210	AT (W/kg)	2.57
<b>Peak (V)</b>	280	pVO2 Peak	3.42

### POWER TRAINING ZONES

WATTS	
Zone 1	35-130
Zone 2	130-165
Zone 3	165-195
Zone 4	195-235
Zone 5	235-260

## Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	280		
Anaerobic Threshold	210	224	238
Aerobic Threshold	150	182	196

## Cycling Power Profile

Based on Peak Power (Wingate)

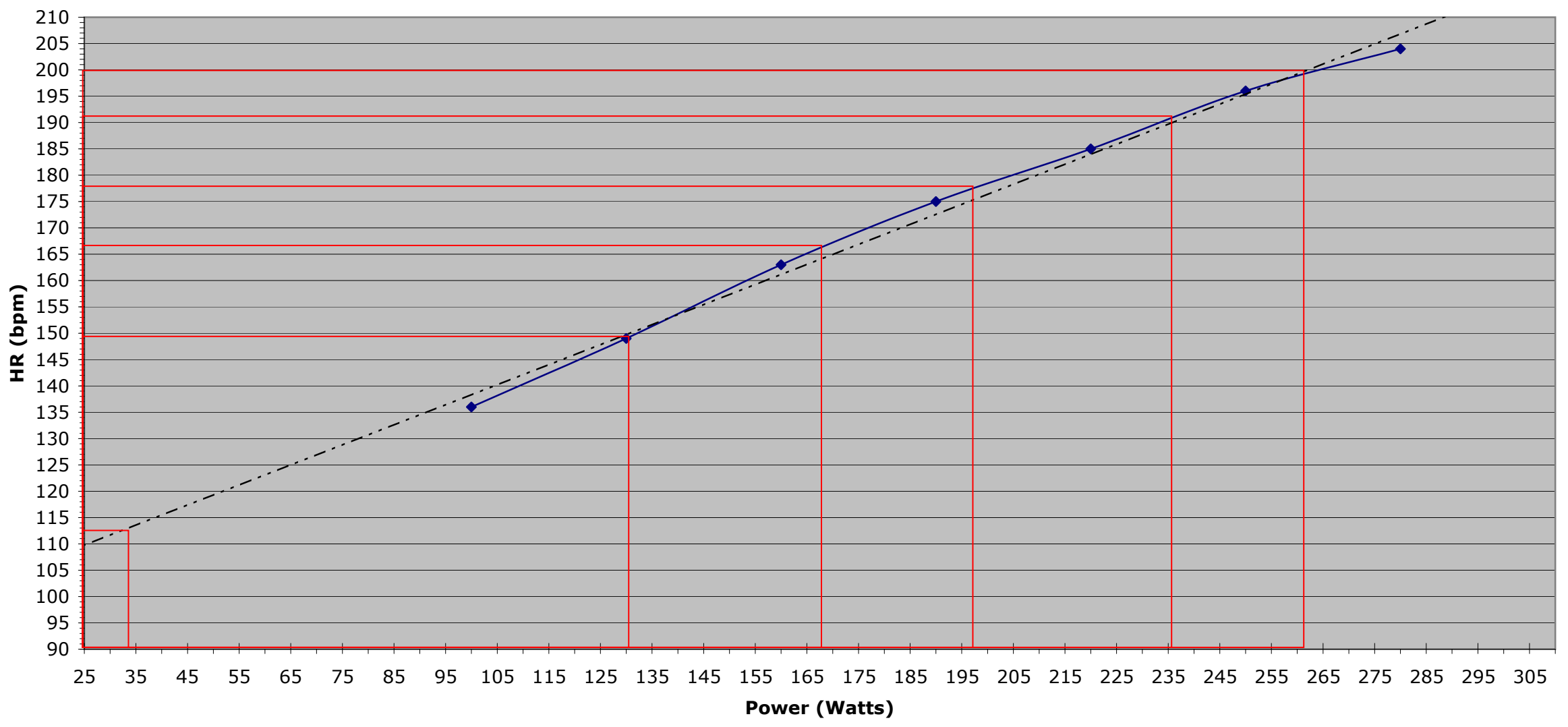
Test	WATTAGE	
	Actual	Ideal
30s Wingate	0	
VO2 Peak		0
Anaerobic Threshold		0
Aerobic Threshold		0

### 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<sup>2</sup> = 0.9933



# Lactate vs Power

$R^2 = 0.9941$

