

Third Coast Training

Cycling VO2 & Lactate Assessment

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ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	150	126	2.56
2	180	138	3.96
3	210	150	6.60
4	240	162	9.60
5			
6			
7			
8			
9			

SUMMARY			
W_{L2}	130	RPM	80
W_{L4}	180	STAGE TIME (min)	3
W_{peak}	240		
AT (w)	210	AT (W/kg)	3.12

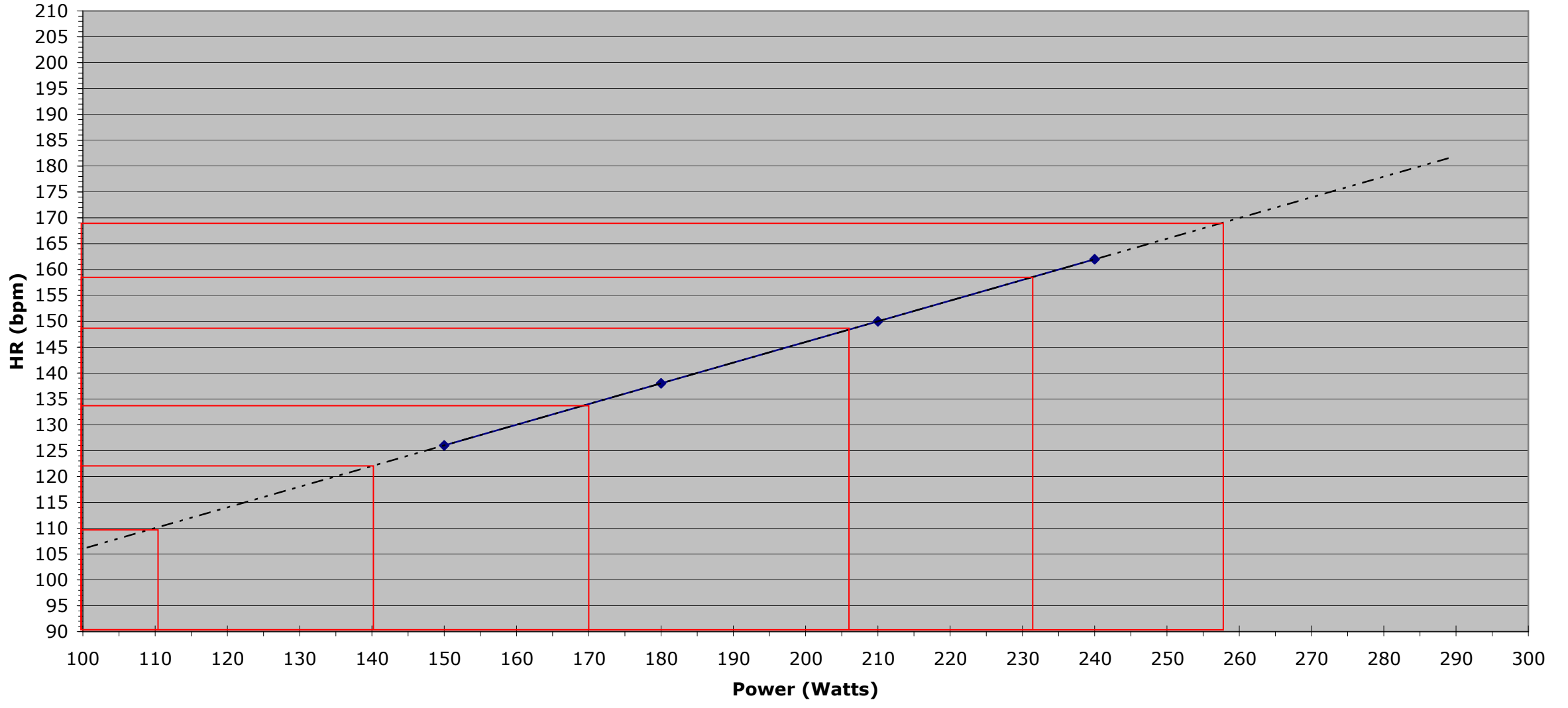
Client reached muscle failure (not able to maintain rpm)

POWER TRAINING ZONES	
WATTS	
Zone 1	110-140
Zone 2	140-170
Zone 3	170-205
Zone 4	205-230
Zone 5	230-255

* refer to printout or online data for heart rate zones

HR vs Lactate

$R^2 = 1$



Lactate vs Power

$R^2 = 0.9968$

