

# Third Coast Training

## Cycling VO2 & Lactate Assessment

Name: **Erique Williams**  
 Weight (lbs) **185**  
 Date: **16-Nov-11**



### ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	160	148	2.40
2	190	163	1.90
3	220	182	1.90
4	250	185	2.20
5	280	192	3.40
6	310	198	4.80
7	340	202	6.80
8			
9			
10			

### SUMMARY

Watts			
<b>V<sub>L2</sub></b>	240	STAGE TIME (min)	3
<b>V<sub>L4</sub></b>	295	RPM	80
<b>AT (V)</b>	310	AT (W/kg)	3.69
<b>Peak (V)</b>	340	pVO2 Peak	4.04

### POWER TRAINING ZONES

WATTS	
Zone 1	200-240
Zone 2	240-270
Zone 3	270-295
Zone 4	295-355
Zone 5	355+

## Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	400	12mmol estimate	
Anaerobic Threshold	310	320	340
Aerobic Threshold	240	260	280

## Cycling Power Profile

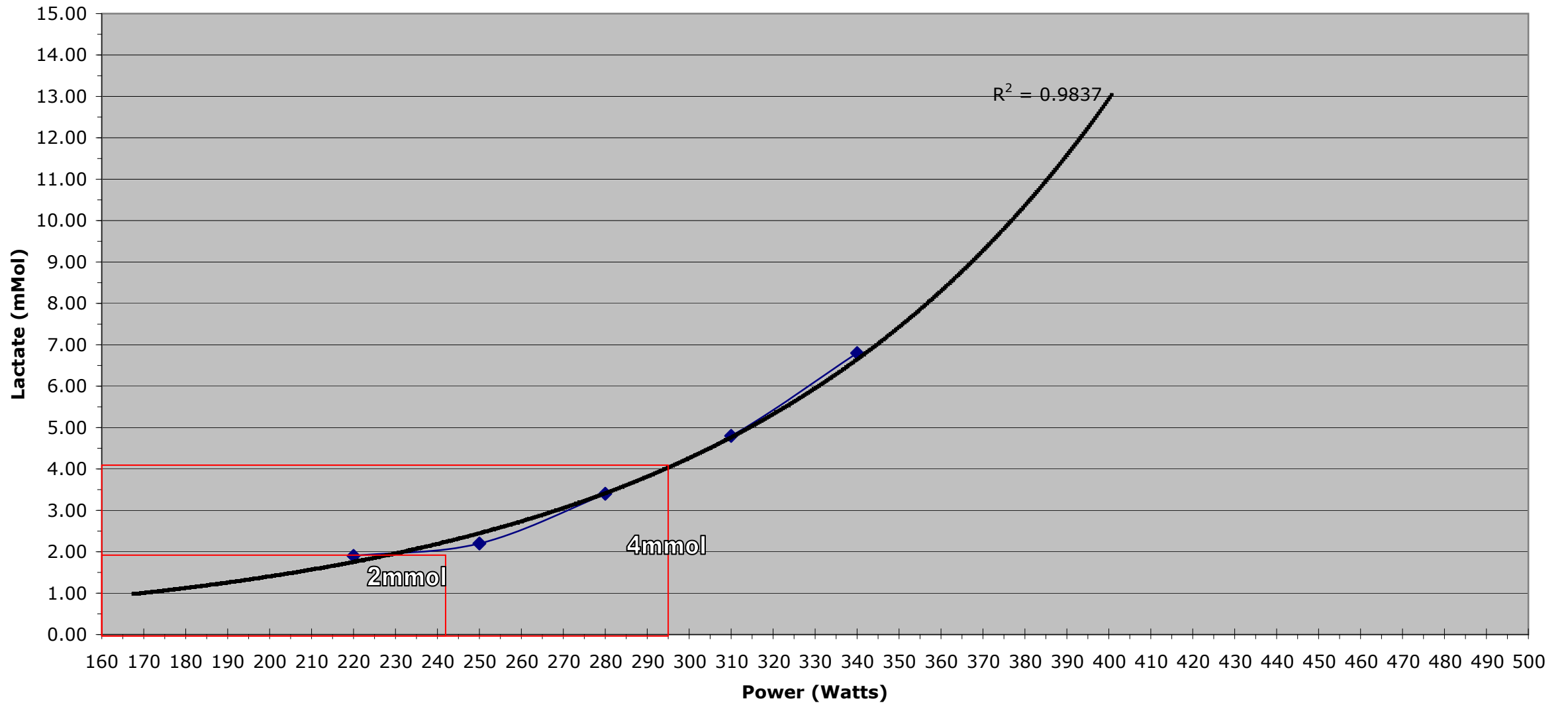
Based on Peak Power (Wingate)

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

# Lactate vs Power



# HR vs Lactate

R<sup>2</sup> = 0.9175

