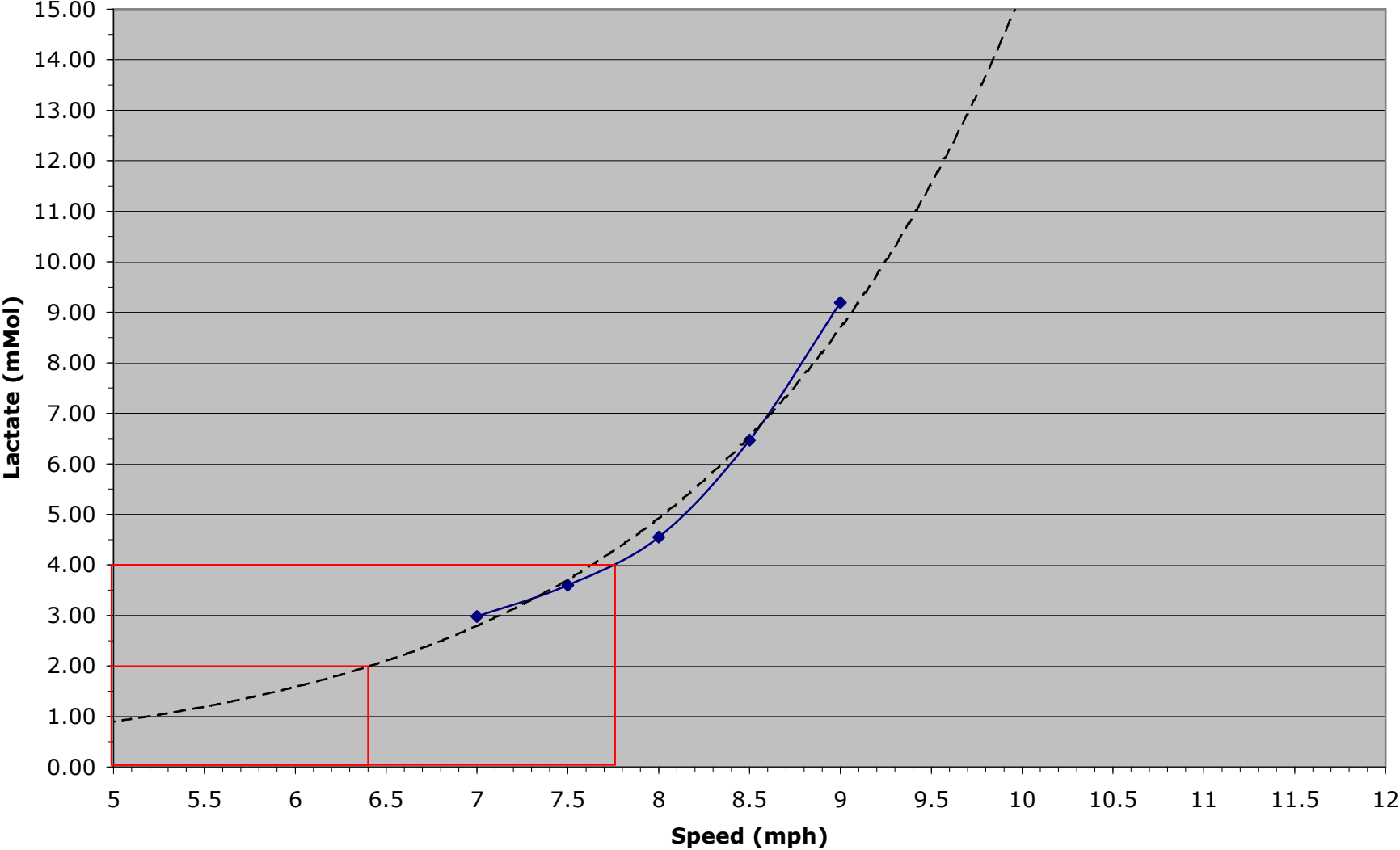


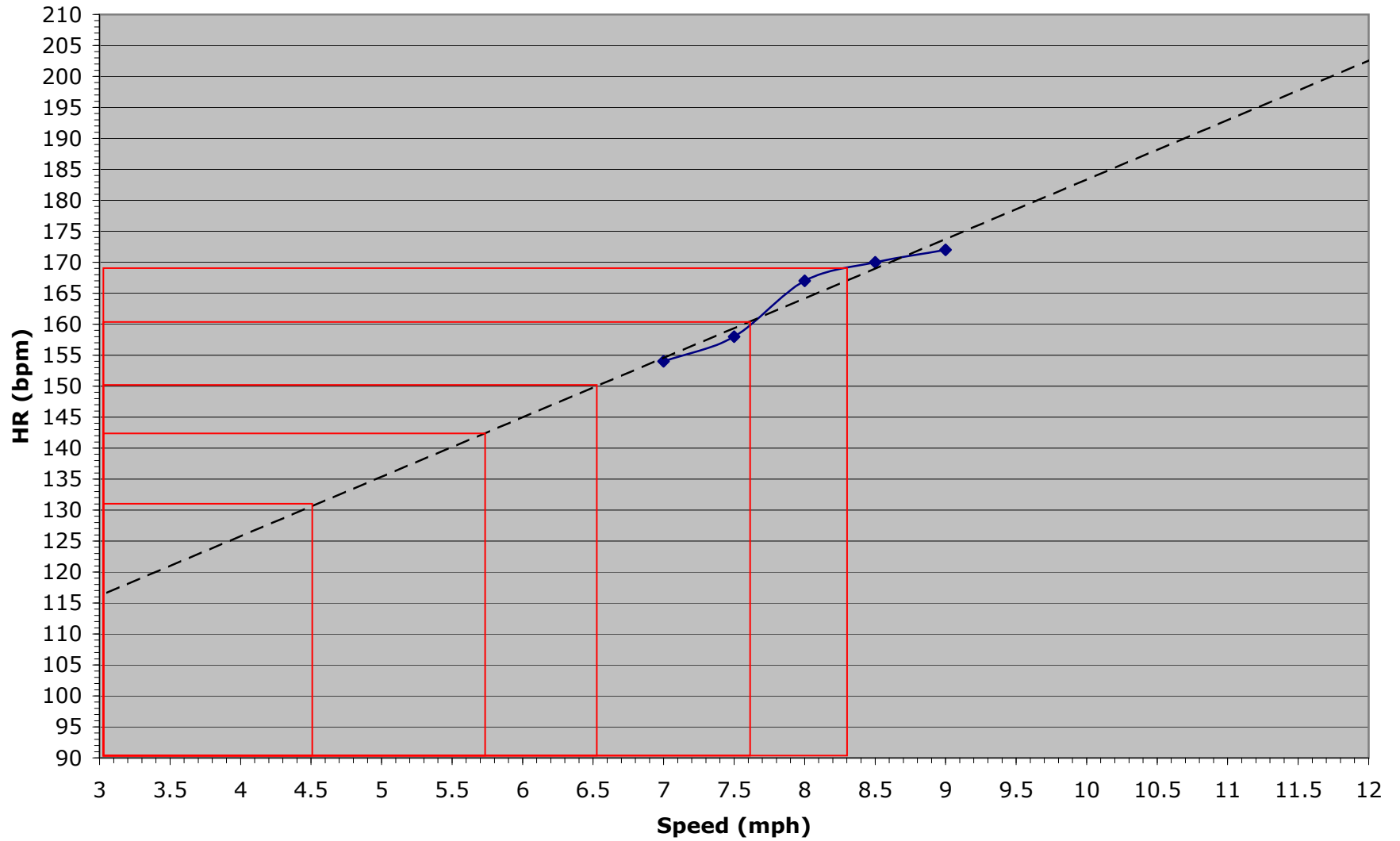
Lactate vs Speed

$R^2 = 0.9821$



HR vs Speed

$R^2 = 0.9412$



Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Katie Sims

Date: 12-May-11

ASSESSMENT RESULTS

| Stage | Speed (mph) | Speed (min/mile) | Heart Rate (bpm) | Lactate (mMol) |
|-------|-------------|------------------|------------------|----------------|
| 1 | 7 | 8:34 | 154 | 2.98 |
| 2 | 7.5 | 8:00 | 158 | 3.60 |
| 3 | 8 | 7:30 | 167 | 4.55 |
| 4 | 8.5 | 7:04 | 170 | 6.47 |
| 5 | 9 | 6:40 | 172 | 9.19 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |

SUMMARY

| | | | | | |
|-----------------------|------------|------------------|------|--|--|
| V_{L2} | 6.4 | Grade (%) | 2.00 | | |
| V_{L4} | 7.8 | STAGE TIME (min) | 3:00 | | |
| AT (V) | 9 | | | | |

SPEED TRAINING ZONES

| | Speed (mph) | Min/mile | KPH |
|---------------|-------------|---------------|---------------|
| Zone 1 | 2 - 4.5 | 30:00 - 13:20 | 3.2 - 7.2 |
| Zone 2 | 4.5 - 5.7 | 13:20 - 10:32 | 7.2 - 9.12 |
| Zone 3 | 5.7 - 6.5 | 10:32 - 9:14 | 9.12 - 10.4 |
| Zone 4 | 6.5 - 7.6 | 9:14 - 7:54 | 10.4 - 12.16 |
| Zone 5 | 7.6 - 8.3 | 7:54 - 7:14 | 12.16 - 13.28 |