

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Laurie Main
 Weight (lbs) 154
 Date: 5-Jan-12



oe

ASSESSMENT RESULTS

Stage	Power (watts)	Heart Rate	Lactate (mMol)
1	50	114	2.63
2	70	123	3.19
3	90	140	4.29
4	110	154	7.55
5			
6			
7			
8			
9			
10			

SUMMARY

Watts			
WL2	35	STAGE TIME (min)	3
WL4	85	RPM	90
AT (W)	105	AT (W/kg)	1.50
Peak (W)	110	pVO2 Peak	1.57

POWER TRAINING ZONES

WATTS	
Zone 1	50-70
Zone 2	70-85
Zone 3	85-105
Zone 4	105-120
Zone 5	120-135

Power Output

Test	WATTAGE		
	Actual	Ideal Based on VO2 Peak	
VO2 Peak	130	Estimated 12mmol mark	
Anaerobic Threshold	105	104	111
Aerobic Threshold	35	85	91

Cycling Power Profile

Based on Peak Power (Wingate)

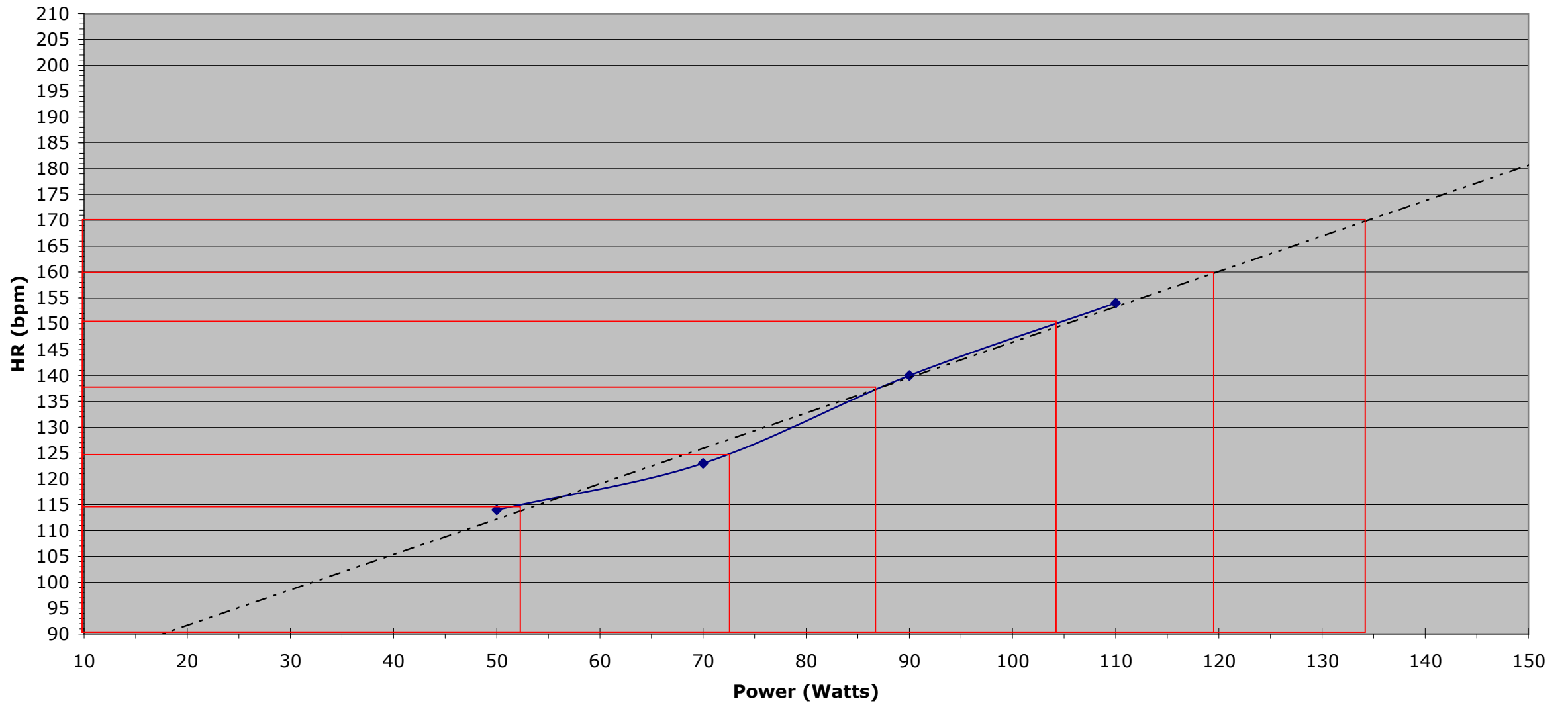
Test	WATTAGE	
	Actual	Ideal
30s Wingate	0	
VO2 Peak	0	0
Anaerobic Threshold	0	0
Aerobic Threshold	0	0

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

HR vs Lactate

$R^2 = 0.9871$



Lactate vs Power

$R^2 = 0.9433$

