

Third Coast Training

THRESHOLD VO₂ MAX INFORMATION

Name: Laurie Main

Date: 5-Jan-12

ASSESSMENT RESULTS

| Stage | Speed (mph) | Speed (min/mile) | Heart Rate (bpm) | Lactate (mMol) |
|-------|-------------|------------------|------------------|----------------|
| 1 | 3 | 20:00 | 107 | 2.41 |
| 2 | 3.6 | 16:40 | 126 | 3.06 |
| 3 | 4.2 | 14:17 | 150 | 5.00 |
| 4 | 4.8 | 12:30 | 158 | 7.05 |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |

SUMMARY

| | Speed MPH | Min/mile |
|-----------------|-----------|----------|
| V _{L2} | 2.8 | 21:26 |
| V _{L4} | 4 | 15:00 |
| AT (V) | 4.8 | 12:30 |
| Peak (V) | 4.8 | 12:30 |

Grade (2%)
STAGE TIME (3 min)

Power Output

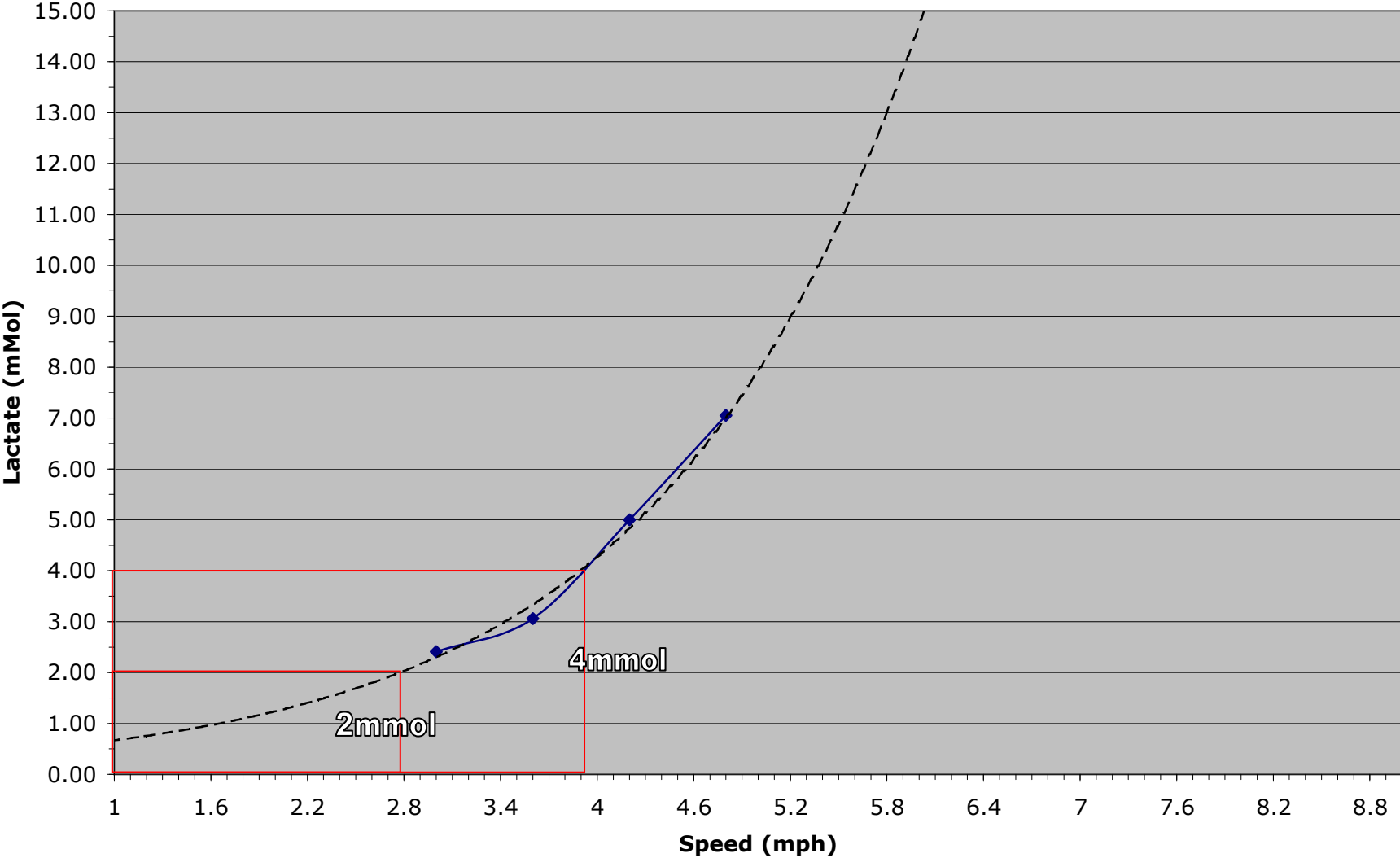
| Test | Speed | |
|----------------------|--------|---------------------|
| | Actual | Ideal Based on Peak |
| VO ₂ Peak | 6 | << Projected 12mmol |
| Anaerobic Threshold | 4.8 | 4.8 5.1 |
| Aerobic Threshold | 2.8 | 3.9 4.2 |

SPEED TRAINING ZONES

| | Speed (mph) | Min/mile | KPH |
|--------|-------------|---------------|-------------|
| Zone 1 | 3.7 - 4 | 16:13 - 15:00 | 5.92 - 6.4 |
| Zone 2 | 4 - 4.2 | 15:00 - 14:17 | 6.4 - 6.72 |
| Zone 3 | 4.2 - 4.8 | 14:17 - 12:30 | 6.72 - 7.68 |
| Zone 4 | 4.8 - 5 | 12:30 - 12:00 | 7.68 - 8 |
| Zone 5 | 5 - 5.4 | 12:00 - 11:07 | 8 - 8.64 |

Lactate vs Speed

$R^2 = 0.9847$



HR vs Speed

$R^2 = 0.9677$

