

Date of Test: xxxxxxxxxxxxxxxxxxxxxxxx
 Time: 1.00pm
 Body Weight: 75.0kg Height: 187.5cm
 D.O.B: xxxxxxxx Age: 51 years

Table 1: Results of the Lactate Theshold/VO₂max Test

Power (Watts)	HR (b/min)	BLa (mmol/L)	VE (L/min)	VO ₂ (L/min)	VO ₂ (ml/kg/min)	RER
160	129	1.1	52.0	2.53	33.7	0.93
180	136	1.2	61.6	2.70	36.0	0.94
200	146	1.5	68.2	2.94	39.2	0.95
220	153	1.8	75.0	3.11	41.5	0.96
240	159	2.3	76.6	3.04	40.5	0.98
260	165	3.3	88.0	3.37	44.7	0.99
260	156		88.0	3.36	44.8	0.99
280	161		90.0	3.37	45.0	1.03
300	168		95.0	3.51	46.8	1.07
320	171		113.0	3.72	49.6	1.12
340	174		136.0	3.85	51.4	1.17

Table 2: Summary of the results

VO ₂ max (L/min)	3.85	
VO ₂ max (ml/kg/min)	51.4	
Power output at max (w)	340	
HR max (bpm)	174	
Lactate Threshold	Power: 220W	HR: 153b/min
Lactate Turnpoint	Power: 240W	HR: 159b/min

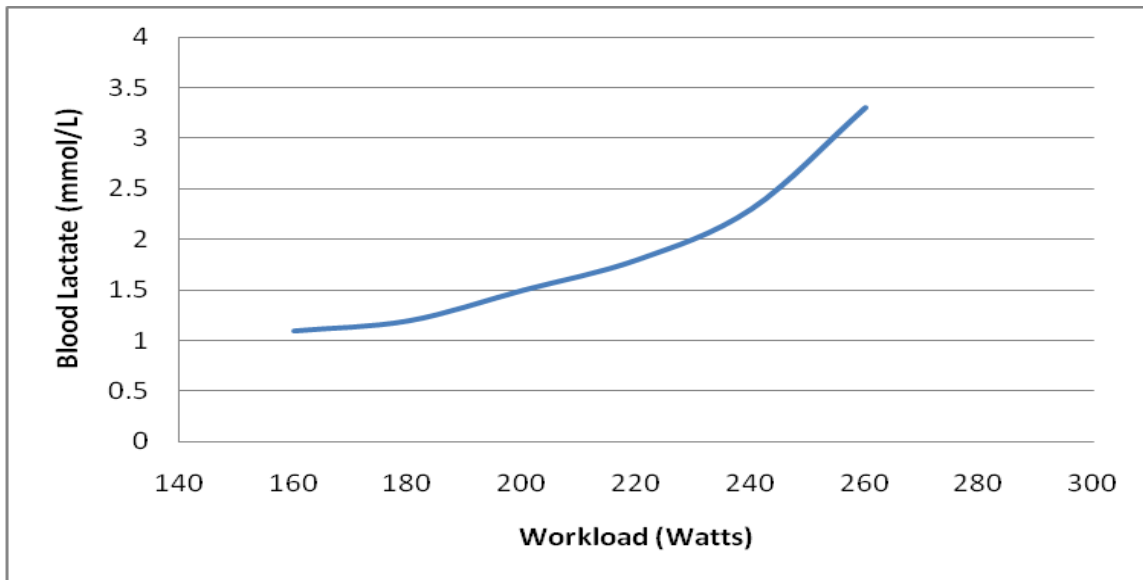


Figure 1: Blood Lactate (BLa) concentration (mmol/L) at each of the sub-maximal exercise intensities on the King-cycle.

Table 3: Training Zones

	Zone	Heart Rate (b/min)	Session Example	RPE	Bla (mM)
T1	Recovery	< 130	Easy (Recovery)	Easy	< 1.1
T2	aerobic endurance	131 - 141	Long ride (Endurance)	Comfortable	1.2
T3	Threshold	142 - 152	1- 1½ hour ride	Uncomfortable	1.8
T4	Anaerobic 1	153 - 163	1 hour ride (Tempo)	Stressful	2.3
T5	Anaerobic 2	164 – 170	Intervals	Very stressful	3.3
T6	Maximal	➤ 170	Maximal (Power/ Speed)	Maximal	➤ 3.4