



Threshold - Cycling

| | | | |
|--------------------|-----------------------|----------------|-------------|
| Subject: | Adam Feigh | Date: | May 9, 2019 |
| Gender: | Male | | |
| Age: | 26 years | Height: | 72 in. |
| Weight: | 167.0 lb. 75.9 kg. | | 182.9 cm. |
| Protocol: | 30 watt increase | | |
| starting at | 210 every 3' | | |

Results

| | | | | |
|--|-----------|------------------|-----------|--------------------------------------|
| VO₂ Max: | Absolute: | <u>6.3</u> L/min | Relative: | 83 mL/kg/min |
| Heart Rate at VO₂ Max: | | <u>185</u> BPM | | |
| Power at VO₂ Max: | | <u>420</u> Watts | | 5.5 Watts/kg |
| VO₂ at Vent. Threshold: | Absolute: | <u>5.1</u> L/min | Relative: | 57.3 mL/kg/min |
| HR at Vent. Threshold: | | <u>161</u> BPM | | 87 % of HR Max |
| Power at Vent. Threshold: | | <u>330</u> Watts | | 4.3 Watts/kg |
| Ventilatory Threshold Percent of Max: | | | | 80.6 % of VO ₂ Max |

Cycling Training Zones

Heart Rate Zones (BPM)

| | Min | Max |
|--------------------|-----|-----|
| Recovery | 105 | 130 |
| Aerobic | 132 | 142 |
| Tempo | 143 | 150 |
| Subthreshold | 151 | 161 |
| Superthreshold | 163 | 164 |
| Aerobic Capacity | 166 | 169 |
| Anaerobic Capacity | 171 | - |

Power Zones (Watts)

| | Min | Max |
|---------------------|-----|-----|
| Recovery | - | 182 |
| Endurance | 185 | 248 |
| Tempo | 251 | 297 |
| Threshold | 300 | 347 |
| VO ₂ Max | 350 | 396 |
| Anaerobic Capacity | 399 | 495 |
| Neuromuscular | - | - |