



Threshold - Cycling

Subject:	Adam Feigh	Date:	February 19, 2020
Gender:	Male		
Age:	27 years	Height:	72 in.
Weight:	170.1 lb. 77.3 kg.		182.9 cm.
Protocol:	20 watt increase		
starting at	240 every 3'		

Results

VO₂ Max:	Absolute:	6.3 L/min	Relative:	82 mL/kg/min
Heart Rate at VO₂ Max:		190 BPM		
Power at VO₂ Max:		_____ Watts		0.0 Watts/kg
VO₂ at Vent. Threshold:	Absolute:	5.2 L/min	Relative:	57.3 mL/kg/min
HR at Vent. Threshold:		180 BPM		95 % of HR Max
Power at Vent. Threshold:		340 Watts		4.4 Watts/kg
Ventilatory Threshold Percent of Max:				81.7 % of VO ₂ Max

Cycling Training Zones

Heart Rate Zones (BPM)

	Min	Max
Recovery	117	146
Aerobic	148	158
Tempo	160	167
Subthreshold	169	180
Superthreshold	182	184
Aerobic Capacity	185	189
Anaerobic Capacity	191	-

Power Zones (Watts)

	Min	Max
Recovery	-	187
Endurance	190	255
Tempo	258	306
Threshold	309	357
VO ₂ Max	360	408
Anaerobic Capacity	411	510
Neuromuscular	-	-

Friel, J. (2009). The Cyclist's Training Bible (4th ed.). Boulder, CO: Velopress.

Allen, H., & Coggan, A. (2010). Training and Racing with a Power Meter (2nd ed.). Boulder, CO: Velopress.