

Lactate profil

Name
Bodyweight 45
Size 150
Age 36
Date 17/06/2025
Modalité Treadmill

RUTHENE COACH'IN

Pôle sport & santé

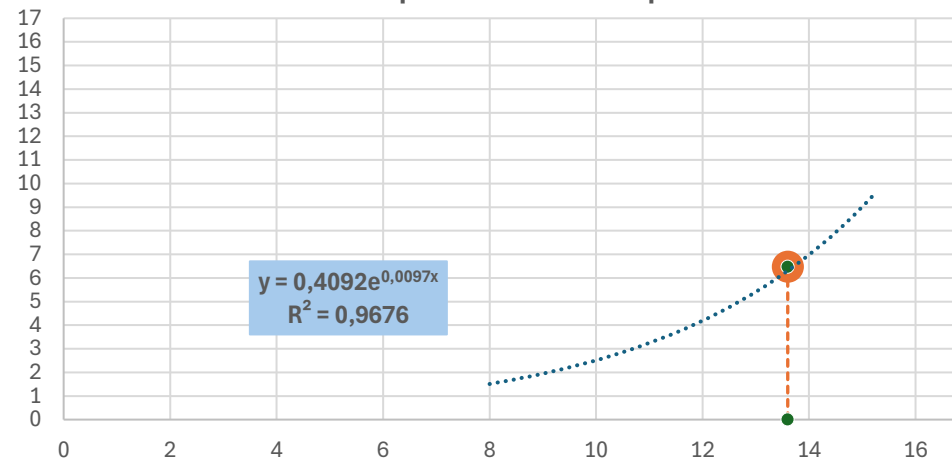
Bicycle Spreadsheet

Rank	Speed (Km/h)	Mean FC (Bpm)	Lactate (mmol/L)
0	0		1,8
1	8	118	2,3
2	9,2	128	1,8
3	10,4	141	2
4	11,6	152	3,1
5	12,8	162	5,2
6	14	169	7,1
7	15,2	177	11,7
8	16,4	183	18,4

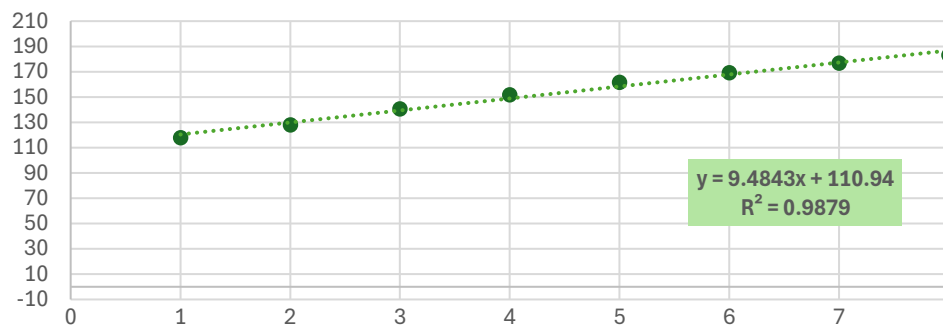
LT1 Kmh 10,4
LT1 FC 141
LT1 rank 3
LT2 Kmh 13,6
LT2 FC 167
LT2 rank 6
Max FC 193

www.exphyslab.com

Lactate profil & Dmax mod point



Heart rate profil



Lactate profil

Training zone

Zone	Z1	Z2	Z3	Z4	Z5	Z6	Z7
Name	Warmup & Recovery	Fundamental Endurance	Tempo	threshold 2	VO2max	Anaerobic capacity	Anaerobic power
Heart rate	103 - 114 Bpm	114 - 141 Bpm	141 - 163 Bpm	163 - 180 Bpm	180 - 193 Bpm		
Absolute speed	8,0 - 8,8 Km/h	8,8 - 10,4 Km/h	10,4 - 13,1 Km/h	13,1 - 15,2 Km/h	15,2 - 17,0 Km/h	16,4 - 21,3 Km/h	21,3 - 24,6 Km/h
Description	Improves oxygen delivery to muscles and aids recovery	Increases mitochondrial and capillary density of muscle fibers	Improves cardiorespiratory health, cardiac output and lactate oxidation	Improves resistance to fatigue and high intensity efforts	Improves VO2max and metabolic function through maximal oxygen utilization	Improves anaerobic power generation capacity	Improves anaerobic power generation capacity