

$$ER'N: \hat{y} = 786.187 + 35.094 \cdot L$$

$$\sqrt{y} = 418,6$$

Date: October 5, 2021

Time: 9:45 A.M.

Testing circumstances: Trainer. Bike = Norco. Daniel just finished very successful four week aerobic strength block. Last testing: August 5, 2021.

No caffeine day of test: ✓

50% carbs, day prior: ✓

Point in training cycle: Immediately prior to 4 week track/gym/maintain mileage block [prior to track intervals and, later, track aerobic power work]

Protocol

1. Warmup: 30 minutes gentle cycling

2. Effort 1

Duration: 5 minutes

Wattage: 320

hr = 152

lactate 1 minute post = 1.4

3. Recovery. 6 minutes gentle cycling

4. Effort 2

Duration: 5 minutes

Wattage: 360

hr = 158

lactate 1 minute post = 1.8

5. Recovery. 6 minutes gentle cycling

6. Effort 3

Duration: 5 minutes

Wattage: 440

hr = 17.3

lactate 1 minute post = 5.0

lactate 3 minute post = 4.7

7. Recovery. 15 minutes gentle cycling

8. Sit. 10 minutes

9. Anaerobic effort.

Duration: 60 seconds

WATTAGE: 37.5

HR: 160 W

Wattage: all out [to exhaustion]

HR: 185

hr =

lactate 3 minute post = 17.6

lactate 5 minute post = 16.8

lactate 7 minute post = 16.3

lactate 20 minute post = 14.6