

Elretomartinez

6 Avenida Cervantes

29770 Torrox-Costa, Malaga

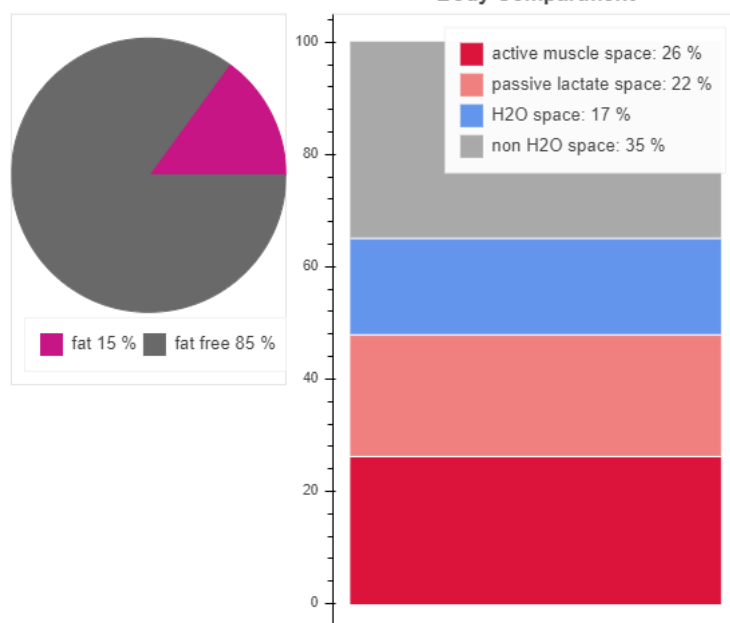
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Performance Test Report

Date	13.10.2020
Place	Torrox-Costa, Malaga
Athlete	Miguel Ángel Conejo
Coach	Pablo Martinez
Email	info@elretomartinez.com
Sport	Cycling

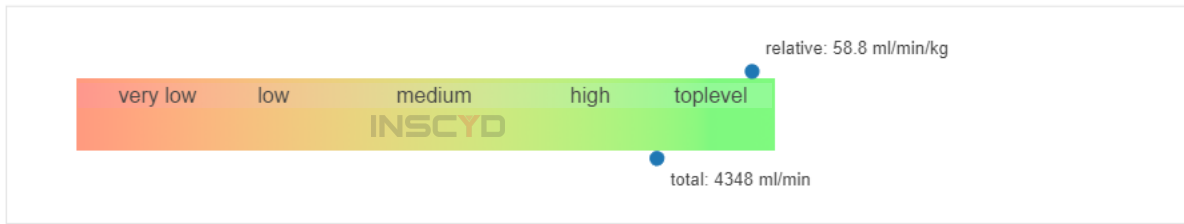
Body Composition



Body Mass	74.0 kg
Body Height	185.0 cm
Body Mass Index	21.6 kg/m ²
Projected BSA	1.951 m ²
Body Fat	15.0 % of body mass / 11.1 kg
Fat Free	85.0 % of body mass / 62.9 kg

Metabolic Capacities

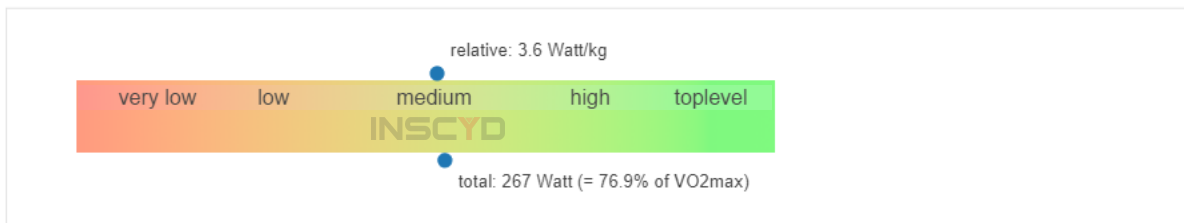
VO2max - maximum aerobic power



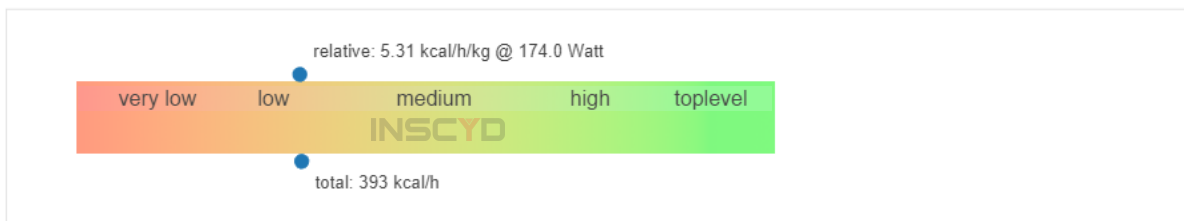
VLamax - maximum glycolytic power



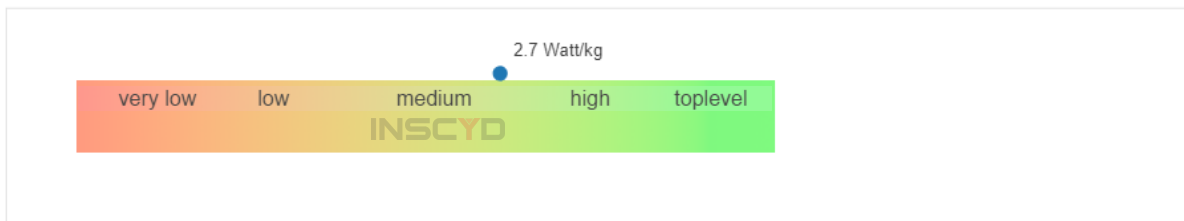
AT - anaerobic threshold



FatMax - maximum fat metabolism

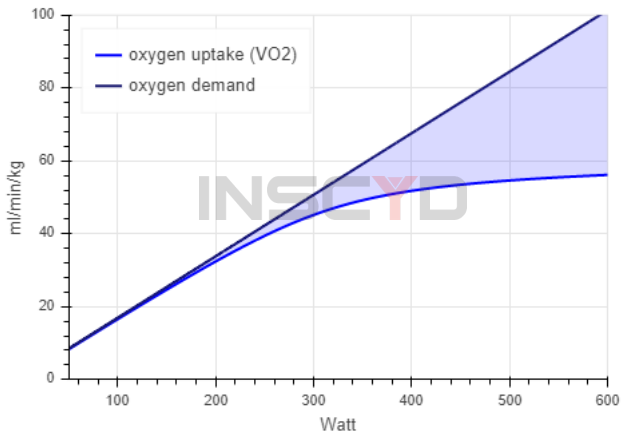


CarbMax - carbohydrate metabolism

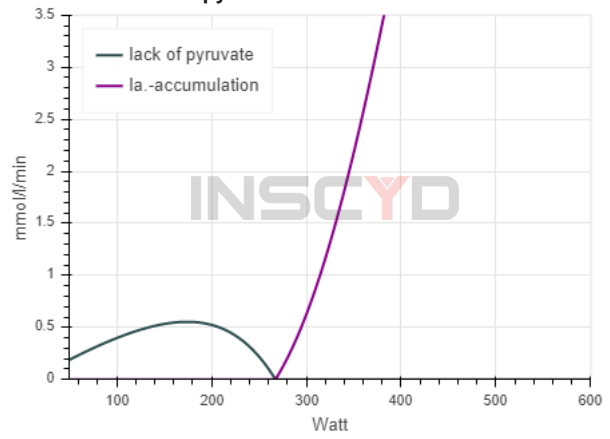


Load Characteristics

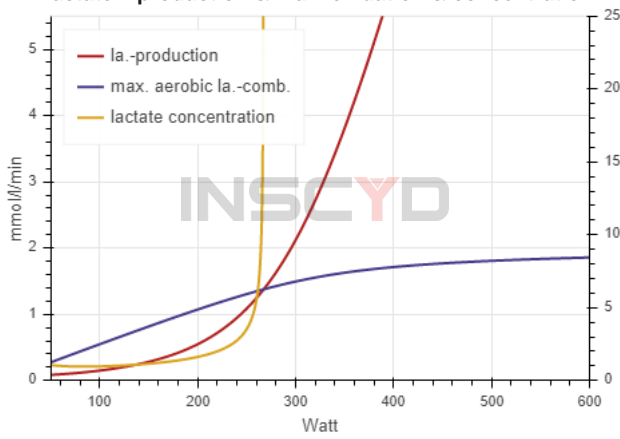
Metabolic demand & VO2



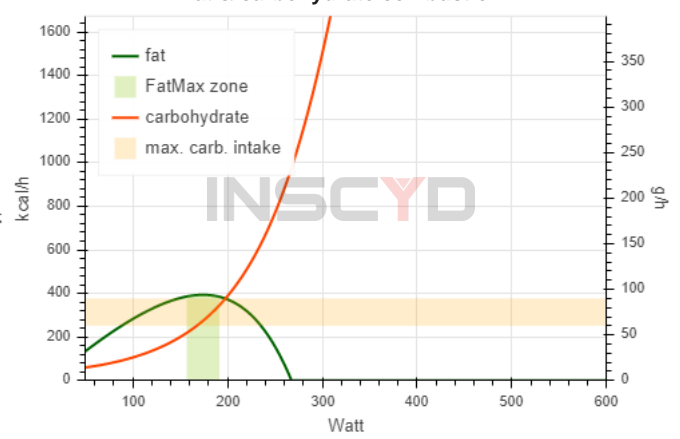
Lack of pyruvate & lactate accumulation



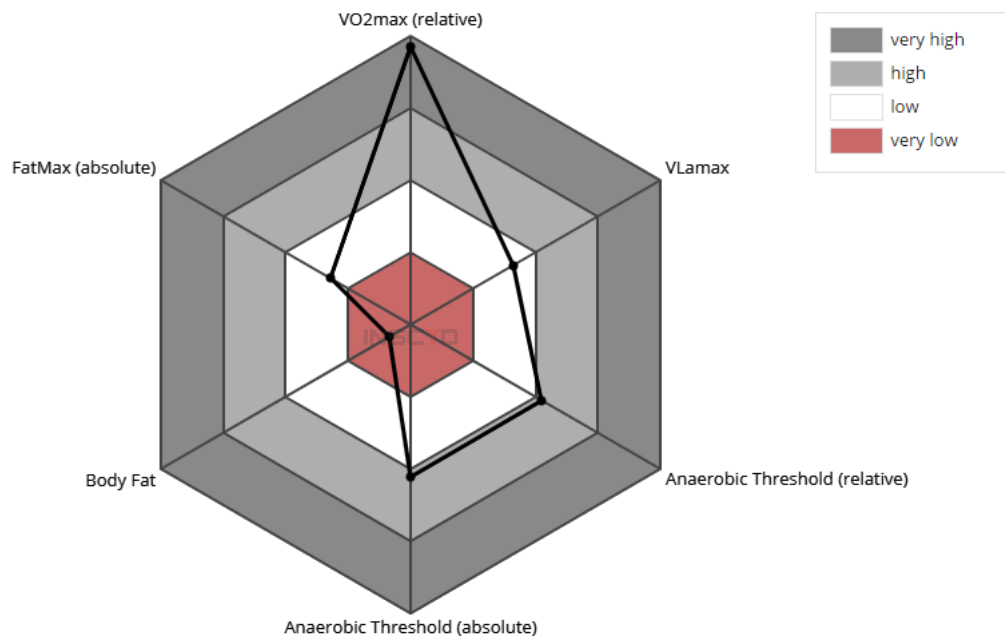
Lactate – production & max. oxidation & concentration



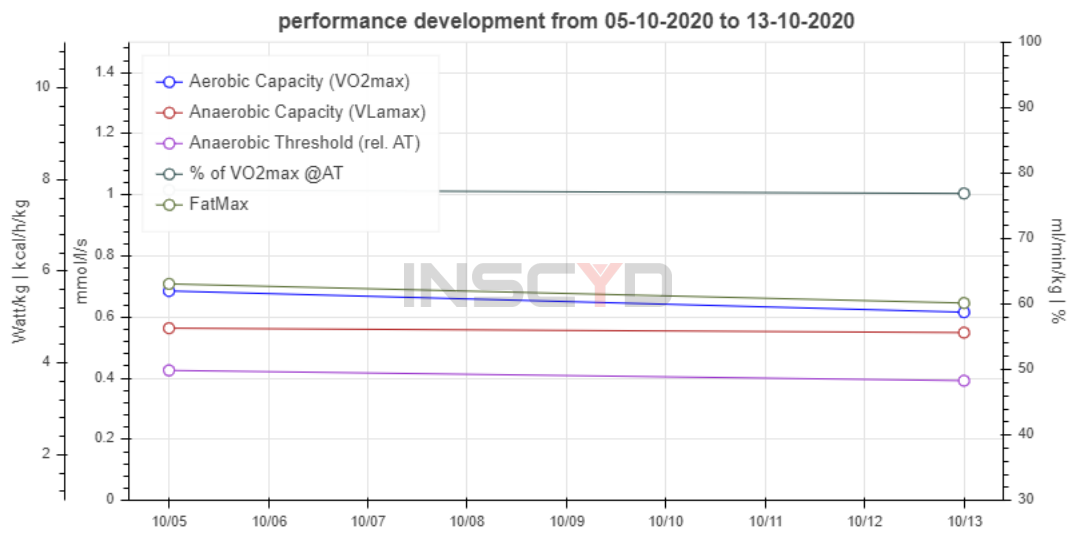
Fat & carbohydrate combustion



Metabolic Fingerprint



Performance Development



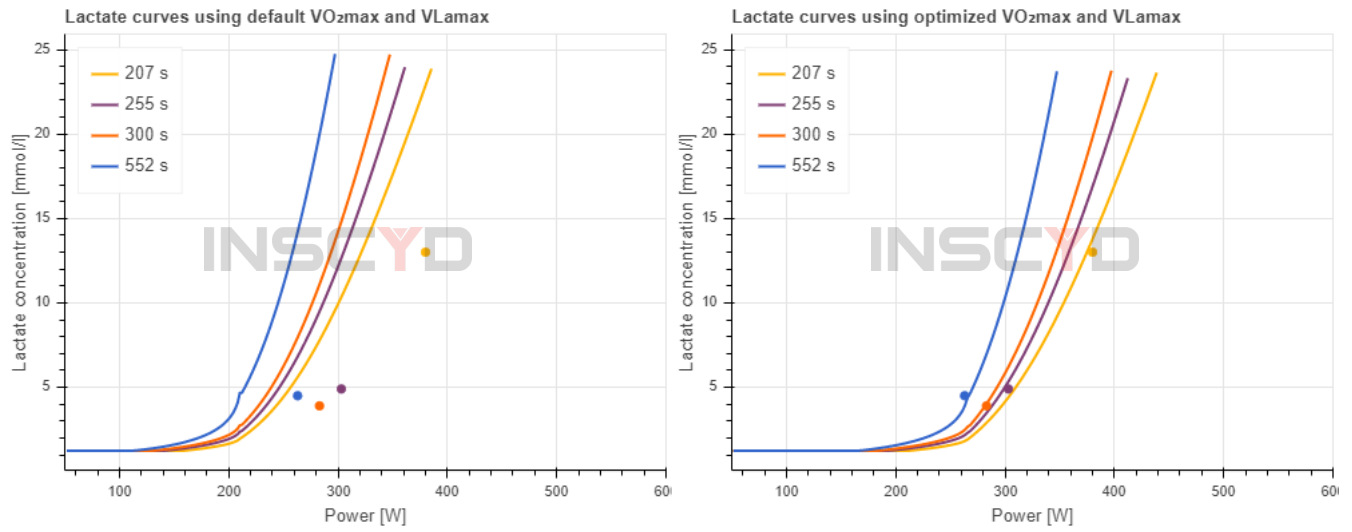
Training Zones

Name		Code	Power		respect to target value					
			lower	upper	target	energy cons. %fat	%carbo	fat abs	carbo abs	
			Watt	Watt	Watt	kcal/h	%	%	g/h	g/h
Zone 1	recovery	rec	106	151	124	481	70	30	36	34
Zone 2	base	bas	151	195	177	679	58	42	41	69
Zone 3	medio	med	194	249	221	832	38	62	33	124
Zone 4	FATmax	fmax	157	192	174	668	59	41	41	66
Zone 5	anaerobic threshold	AT	249	286	267	982	0	100	0	235
Zone 6	aerobic maximum	aemax	348	384	365					
Zone 7	high anaerobic	anmax	349	398	375					
Zone 8	lactate shuttling	LaEx	174	297						
Zone 9	custom 1	C1								
Zone 10	custom 2	C2								
Zone 11	custom 3	C3								
Zone 12	custom 4	C4								
Zone 13	custom 5	C5								

Test Data

Determination of lactate accumulation

Sum of squared errors before optimization: 302.79 , after optimization: 1.19



Raw Test Data

Measured Values		Calculated Values				
Run	Time (mm:ss)	Power (W)	Max Lactate (mmol/l)	VO2tot (ml/min/kg)	% aerobic (%)	% anaerobic (%)
0	09:12	263	4.5	44.43	92.39	7.61
1	05:00	283	3.9	47.8	90.73	9.27
2	04:15	303	4.9	51.18	88.76	11.24
3	03:27	380	13	64.19	65.69	34.31