

Weight: 60.0 Kgs

Height: 165.0 Cms

Session Date: 11/04/2011

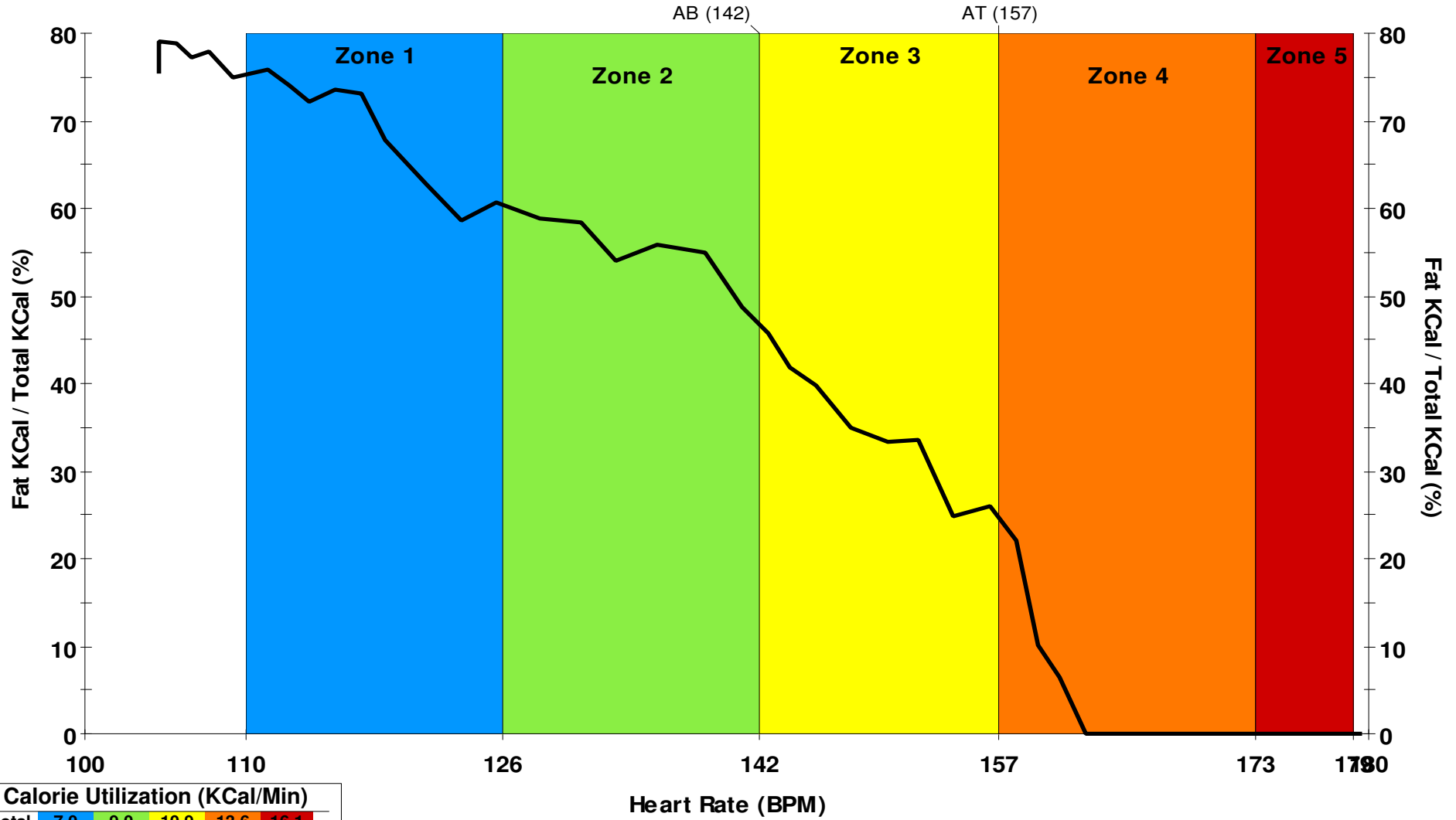
	AT	Max	AT/Max %	Recovery	1 Minute Rec.	2 Minute Rec.
HR (bpm)	157	171	92	164	142	127
VO <sub>2</sub> (ml/min)	2412	3672	66	3516	2112	1446
VO <sub>2</sub> (ml/kg/min)	40	61	66	59	35	24

Training Zone	HR	VO <sub>2</sub> (mL/kg/min)	Description
<b>Zone 1</b> (Aerobic)	110	21	<b>Over-Distance / Active Recovery</b>  This is a low-intensity zone used to establish a strong cardiovascular base. Zone 1 training promotes increased oxygen absorption, fat-burning capacity, capillary and mitochondrial density. This zone is also used for active recovery after intense training.
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	126	27	
<b>Zone 2</b> (Aerobic)	126	27	<b>Endurance</b>  This is a moderate-intensity zone used to improve overall conditioning and endurance. Most exercise time should be spent in this zone. Zone 2 is an excellent calorie-burning zone because you can exercise here comfortably for an extended period of time.
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	142	34	
<b>Zone 3</b> (Aerobic / Anaerobic)	142	34	<b>Lactic Acid Tolerance / Tempo (Race Pace) Training</b>  This is a higher-intensity zone used to improve aerobic conditioning while introducing an anaerobic component. Lactic acid is produced, but not in sufficient quantities to immediately degrade performance. Training in this zone increases tolerance to lactic acid and raises the anaerobic threshold. Well-conditioned athletes will spend most of their time in this zone during a race or time trial of 30 to 60 minutes in length.
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	157	40	
<b>Zone 4</b> (Anaerobic)	157	40	<b>Interval Training</b>  This is a high-intensity zone used for speed work and interval training. Training in this zone improves sports performance but must be used carefully with full rest periods between workouts to avoid over-training.
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	173	52	
<b>Zone 5</b> (Anaerobic)	173	52	<b>Maximum Capacity Training</b>  This is the highest-intensity training zone and is reserved for use in very hard interval training or near the end of performance pieces. Care must be used when training in Zone 5 to avoid over-training or injury.
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	179	57	

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Calorie Utilization (KCal/Min)					
Total	7.0	9.0	10.9	13.6	16.1
Fat	4.8	4.9	3.8	0.4	0.0