

# EnduranceCorner

## Lactate Step Test

Athlete: Gordon Byrn  
 Age: 38  
 Sex: male  
 Sport: triathlon  
 Test:

Date: 11-7-07  
 Height: 183 cm in  
 Weight: 169 lbs

~~11/11~~ Ago @ 148 bpm = 7:36/m  
 3WKS } 7:22/7:33/7:53

	Speed	Pace	Min. 1	Min. 2	Min. 3	Min. 4	Min. 5	Lactate	Cadence	HR/ RPE	Notes
Resting											2.1/1.7 before w/up / 1.2 after 15 min
W-Up	5.0-6.0	15 min						1.2			
HR	RPE 6.5		115	115	120	113		1.2			
HR	RPE 7.0		122	124	126	119		1.8			AeT → 130; 8 min/mile
HR	RPE 7.5		128	129	130	126		1.2			LT → 150; 6:51/mile
HR	RPE 8.0		137	139	139	134		1.8			FT → 175; 6:00/mile
HR	RPE 8.5		144	147	145	144		2.0			→ hit high.
HR	RPE 9.0		151	155	156	148		2.4			
HR	RPE 9.5		161	165	166	161		3.2			
HR	RPE 10.0		169	174	175	171		4.0			
HR	RPE 10.5		178	181	182			7.2	@ 49		- Stopped @ 3.5 (west filter)
HR	RPE										
2 min post								2 - 6.8			
10 min post								5 - 6.1			
								10 - 4.8			Standing around