

# Cycling Metabolic Profile

<b>Mark Rago</b>	Age	<b>49</b>	Fat kCal/Hr	<b>28</b>	<b>AeT</b>	<b>245</b>	<b>AT</b>	<b>0</b>	<b>Peak</b>	<b>0</b>
	Height	<b>70</b>	CHO kCal/Hr	<b>413</b>		<b>702</b>		<b>1068</b>		<b>1398</b>
	Weight	<b>166</b>	<b>Total kCal/Hr</b>	<b>441</b>		<b>947</b>		<b>1068</b>		<b>1398</b>
5/21/14 11:09	BMI	<b>23.82</b>		METS	<b>5.5</b>	<b>12.0</b>	<b>13.3</b>			<b>17.0</b>
POF <b>2.07</b>	Goal Wt	<b>165</b>	<b>23.67</b>	VO <sub>2</sub> (ml/kg/min)	<b>19.4</b>	<b>42.1</b>	<b>46.6</b>			<b>59.5</b>
RPM <b>95</b>	Minimum	<b>132</b>	<b>19.00</b>	<b>Effic. (%Peak)</b>	<b>32.6%</b>	<b>70.8%</b>	<b>78.3%</b>			<b>100.0%</b>
Test <b>Cycling CT</b>	BP			HeartRate (bpm)	<b>109</b>	<b>138</b>	<b>157</b>			<b>169</b>
Base <b>125 watts</b>	BF%			Power (Watts)	<b>125</b>	<b>245</b>	<b>300</b>			<b>375</b>
+ <b>25 watts/2min (AT)</b>	Waist:Hip			<b>Power/wt (W/kg)</b>	<b>1.66</b>	<b>3.25</b>	<b>3.98</b>			<b>4.97</b>

## FITNESS (VO<sub>2</sub>) COMPARISONS

	Age	Low	Fair	Avg.	Good	High	Excellent		Age	Low	Fair	Avg.	Good	High	Excellent
	<b>Female</b>	20-29	<28	29-34	35-43	44-48	49-53		54-59+	<b>Male</b>	20-29	<32	33-37	38-43	43-47
30-39		<27	28-33	34-41	42-47	48-52	53-58+	30-39	<29		30-34	35-40	41-43	44-48	49-54+
40-49		<25	26-31	32-40	41-45	46-50	51-56+	40-49	<25		26-30	31-36	37-40	41-45	46-51+
50-59		<21	22-28	29-36	37-41	42-45	46-49+	50-59	<21		22-26	27-33	34-36	37-41	42-47+
60-69		<17	18-24	25-32	33-37	38-41	41-45+	60-69	<18		19-23	24-30	31-33	34-37	38-42+

Astrand, I. (1960). Aerobic work capacity in men and women with special reference to age. *Acta physiologica Scandinavica, Supplementum*, 49 (169), 1. (Adapted as 85% of norm)

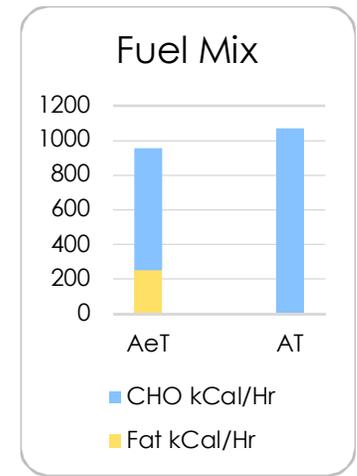
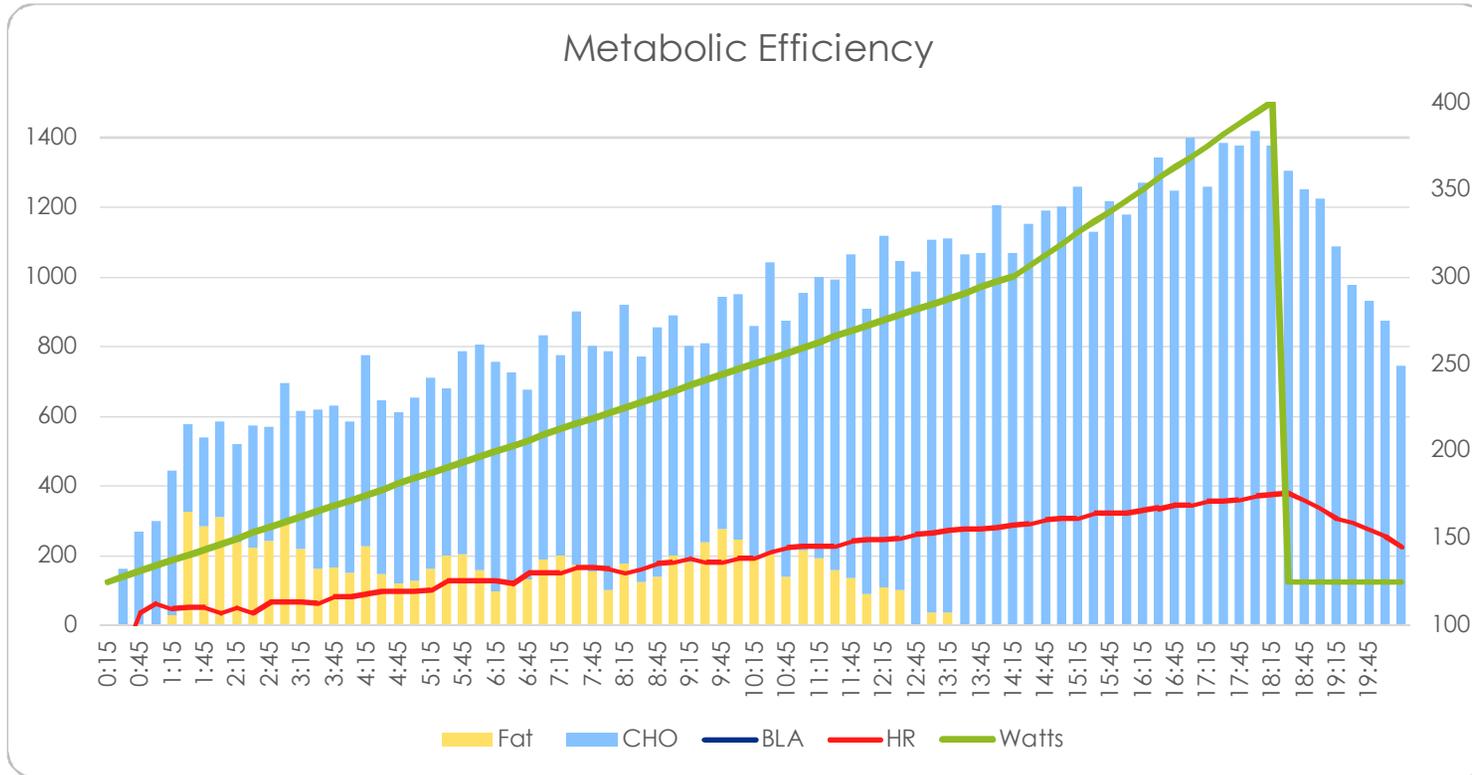
## POWER COMPARISONS

	Untrained (nonracer)	Fair (Cat. V)	Moderate (Cat. IV)	Good (Cat. III)	Very Good (Cat. II)	Excellent (Cat. I)	National Contender	World Class
<b>Female</b>	1.50-2.16	1.99-2.65	2.49-3.14	2.98-3.64	3.55-4.21	4.05-4.70	4.54-5.20	5.03-5.69
<b>Male</b>	1.86-2.58	2.40-3.11	2.93-3.64	3.47-4.18	4.09-4.80	4.62-5.33	5.15-5.87	5.69-6.40

Allen, H. & Coggin, A. (2010). *Training and racing with a power meter (2nd ed.)*. Boulder: VeloPress.

This product is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight-loss or fitness program.

# Cycling Metabolic Profile



Zone	Description	RPE	Mph	Pace	HR	Watts	Fat Kcal/Hr	CHO Kcal/Hr	CHO g/Hr					
1	Act Recovery	<3	n/a	n/a	86	107	125	150	324	28	160	413	40	103
2	Endurance	3-4	n/a	n/a	107	132	150	225	295	97	281	727	70	182
3	Tempo	4-6	n/a	n/a	132	143	225	270	275	123	572	927	143	232
4	Threshold	6-7	n/a	n/a	143	157	270	315	107	0	820	1206	205	302
5	VO2Max	7-9	n/a	n/a	157	+	315	360	0	0	1128	1342	282	336
6	Capacity	>9	n/a	n/a			360	450	0	0	1248	1419	312	355

	Fat Kcal/Hr	HR	Watts
Max Fat Level (Kcal/Hr)	<b>324</b>	<b>110</b>	<b>141</b>
Metabolic Crossover 1 (0.85)	<b>308</b>	<b>107</b>	<b>147</b>
Metabolic Crossover 2 (1.00)	<b>0</b>	<b>158</b>	<b>307</b>