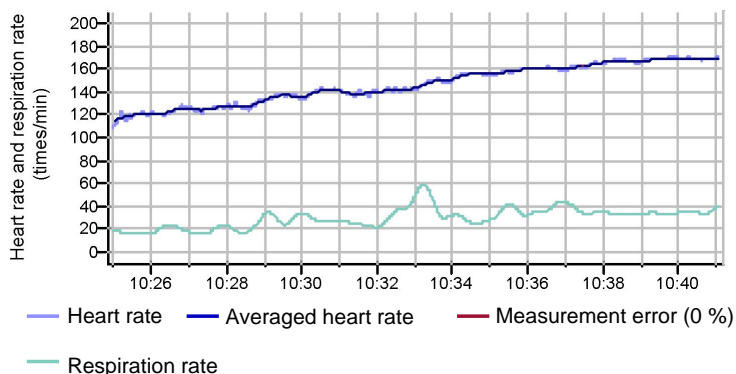


Fitness Test Report (Submaximal)

Name: John Marathoner (Example)

Date: 2.5.2006

Background information	Test protocol	
Age	42	Discipline: Cycling
Height (cm)	184	Starting level: 140 W
Weight (kg)	79	Increment: 40 W
Gender	Male	Duration of level: 04:00
Maximum heart rate	190	



Test chart



Test results

Estimated VO2max: 53,4 ml/kg/min	Equation for regression line: $HR = 0,3419 * Workload + 81,6208$
Estimated METmax: 15,2 MET	Correlation coefficient: 0,9801
Estimated maximal workload: 317 W	EPOCpeak: 52 ml/kg (TE 2)
End point of test: 80 %VO2max	Recommended activity class (0-10): 7

VO2max: 53,4 ml/kg/min



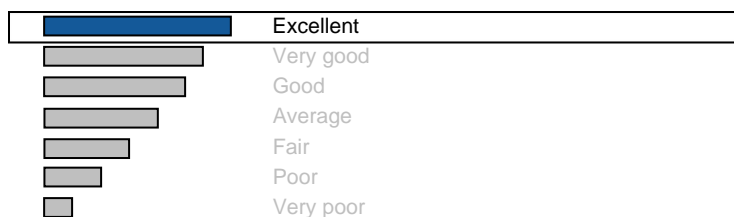
Test results

Maximal oxygen uptake (VO2max) reflects the condition of the cardiorespiratory system, and more generally the level of physical fitness. VO2max is reported as relative to a person's weight (ml/kg/min) and as a MET value. MET reflects the increased energy expenditure caused by physical activity compared to the resting level.

Test information

Level	Workload (W)	Duration (s)	HR (beats/min)	RespR (breaths/min)	EPOC (ml/kg)
1	140	240	129	23	4
2	180	240	142	39	13
3	220	240	160	41	30
4	260	235	168	34	51

Fitness class



General training guidelines

Aerobic training effect	EPOC (ml/kg)	Intensity zone	Heart rate	Duration (min)
1.0 - 1.9 Minor training effect	< 18	Active recovery / Slow distance training	106 - 118	45
2.0 - 2.9 Maintaining training effect	18 - 56	Slow distance training	118 - 131	75
3.0 - 3.9 Improving training effect	56 - 129	Fast distance training	131 - 149	60
4.0 - 4.9 Highly improving training effect	129 - 208	Fast distance / VO2max training	149 - 167	45
5 Overreaching	> 208	VO2max training	167 - 190	25

The duration and intensity of a workout determine what kind of effect the workout has on your physical fitness. The table shows sample workouts that you can do to achieve a desired training effect. The heart rate levels and times are suggestive; exact values can be gained by measuring the training effect directly.