

# Human Performance Laboratory Report Form

Name: John Mascari

DOB: 03/30/1992

Test Date: 12/16/2017

Sport: Running

Age: 25

## Body Composition

Height: 1.72 (m)

Mass: 60.8 (kg)

BMI: 20.6 (kg.m<sup>-2</sup>)

LBM: 55.8 (kg)

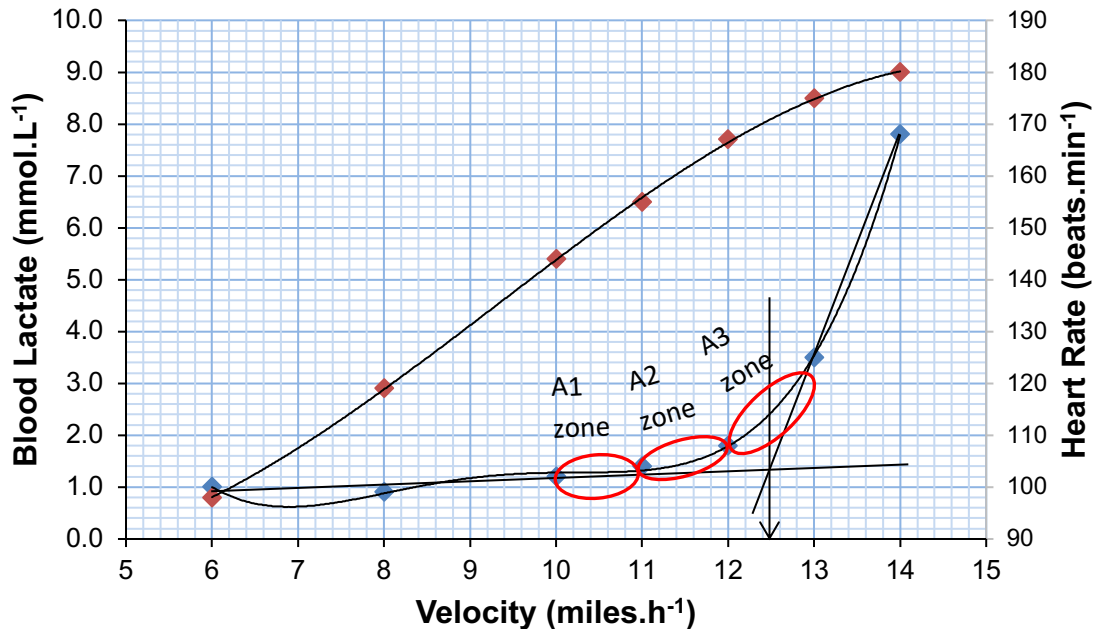
Sum of Skinfolds: 20.5 mm

Body Fat: 8.2%

## Incremental Treadmill Test

Velocity miles.h <sup>-1</sup> (km.h <sup>-1</sup> )	Blood Lactate (mmol.L <sup>-1</sup> )	Heart Rate (beats.min <sup>-1</sup> )
0 (0)	1.2	71
6 (9.7)	1.0	98
8 (12.9)	0.9	119
10 (16.1)	1.2	144
11 (17.7)	1.4	155
12 (19.3)	1.8	167
13 (20.9)	3.5	175
14 (22.5)	7.8	180

## Blood Lactate & Heart Rate Response



## Test Results

**Velocity @ 2mmol:** 12.2 miles.h<sup>-1</sup> ( 19.6 km.h<sup>-1</sup>) **HR @ 2mmol:** 168 beats.min<sup>-1</sup>

**Velocity @ 2.5mmol:** 12.6 miles.h<sup>-1</sup> ( 20.3 km.h<sup>-1</sup>) **HR @ 2.5mmol:** 172 beats.min<sup>-1</sup>

**Velocity @ 3mmol:** 12.8 miles.h<sup>-1</sup> ( 20.6 km.h<sup>-1</sup>) **HR @ 3mmol:** 173 beats.min<sup>-1</sup>

**Velocity @ TLac:** 12.5 miles.h<sup>-1</sup> ( 20.1 km.h<sup>-1</sup>) **HR @ TLac:** 171 beats.min<sup>-1</sup>

**BLa @ TLac:** 2.4 mmol.L<sup>-1</sup>

## Training Zones

Training Zone	Speed (mile.h <sup>-1</sup> )	Pace (min.mile <sup>-1</sup> )	Heart Rate Zones (BPM)
<b>A 1</b> LSD (45 - 90 min steady runs)	10 – 11	6:00 – 5:27	145 – 155
<b>A 2</b> Tempo (30 - 40 min w/ mixed speed efforts or fartlek)	11 – 12	5:27 – 5:00	155 – 165
<b>A 3 -</b> Low Threshold (8 - 15 min repeat intervals)	12 – 12.5	5:00 – 4:48	165 – 170
<b>A 3 +</b> High Threshold (4 - 8 min repeat intervals)	12.5 – 13	4:48 – 4:37	170 – 175

## Recommendations

- 1) Continue to wear a heart rate monitor.
- 2) Focus should be on improving volume and quality of low intensity training for the next 4 to 6 months.
- 3) Gradually increase volume of A3 running over the next 4 to 6 months. 2x A3 sessions per week.
- 4) Focus on consistent 4:40-4:45 pace in A3+ sessions.