



Date of Test: xxxxxxxxxxxxxxxxxxxxxx

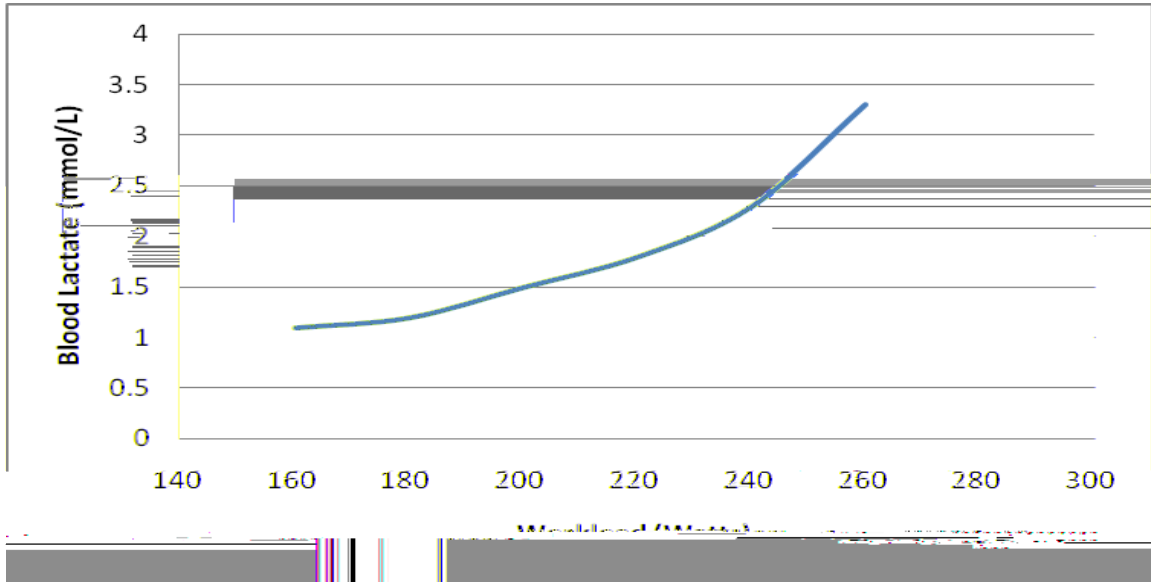


Figure 1: Blood Lactate (BLa) concentration (mmol/L) at each of the sub-maximal exercise intensities on the King-cycle.

Table 3: Training Zones

	Zone	Heart Rate (b/min)	Session Example	RPE	Bla (mM)
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