



Date: 21/3/2025 | **Time:** 16:15:00 | **Location:** Belmont Performance HQ | **Weather:** N/A

LACTATE	POWER ACC	RPE	W/KG	HR
0.8	0	0.0	0.0	50
0.7	181	2.0	2.5	134
0.5	205	4.0	2.9	140
0.4	239	6.0	3.4	151
0.9	272	6.5	3.8	159
1.5	298	7.5	4.2	164
2.3	335	8.5	4.7	170
4.4	361	9.5	5.1	176

LT1/ LT2 RATIO: 0.73

LT1: 256W, 3.6 w/kg

LT2: 349W 4.9 w/kg

LT1 (Lactate Threshold 1):

- Definition: LT1 is the point at which lactate first begins to rise but remains relatively low. This is typically associated with the shift from primarily aerobic energy production to a mixed aerobic/anaerobic state.
- Significance:
 - Training at or below LT1 primarily enhances aerobic capacity and endurance. We advise when doing endurance training NOT to go over LT1 where ever possible.
 - It allows athletes to build a strong aerobic base, improving overall endurance without excessive fatigue.

LT2 (Lactate Threshold 2):

- Definition: LT2 is the point where lactate levels start to increase significantly, indicating that the body is relying more on anaerobic metabolism. This is often referred to as the OBLA.
- Significance:
 - Training at or just below LT2 improves an athlete's ability to sustain high-intensity efforts for longer periods.
 - It helps enhance lactate clearance and increase overall performance capacity.

New zones, using a 7 zone system, I think Charlie uses 6 and has your data so will have similar zone set up. These are ranges for you to work with depending on how your feeling on the day of training.

Heart rate zones need to be taken with a pinch of salt due factors affecting it like caffeine, environment, fatigue and nutrition etc. As well as the accuracy of the monitor.

	POWER (W)	HR
z1 // Active Reco	0 - 210	0 - 140
z2 // Aerobic Threshold	211 - 260	140 - 160
z3 // Tempo	261 - 335	160 - 170
z4 // Anaerobic Threshold	336 - 365	170 - 180
z5 // Vo2	366 - 430	
z6 // Anaerobic Capacity	431 - 630	
z7 // Nueromuscular	631 - 2000	180+

LACTATE VS POWER

