

**Fitness Institute of Texas
Cycling Sport FIT Profile**

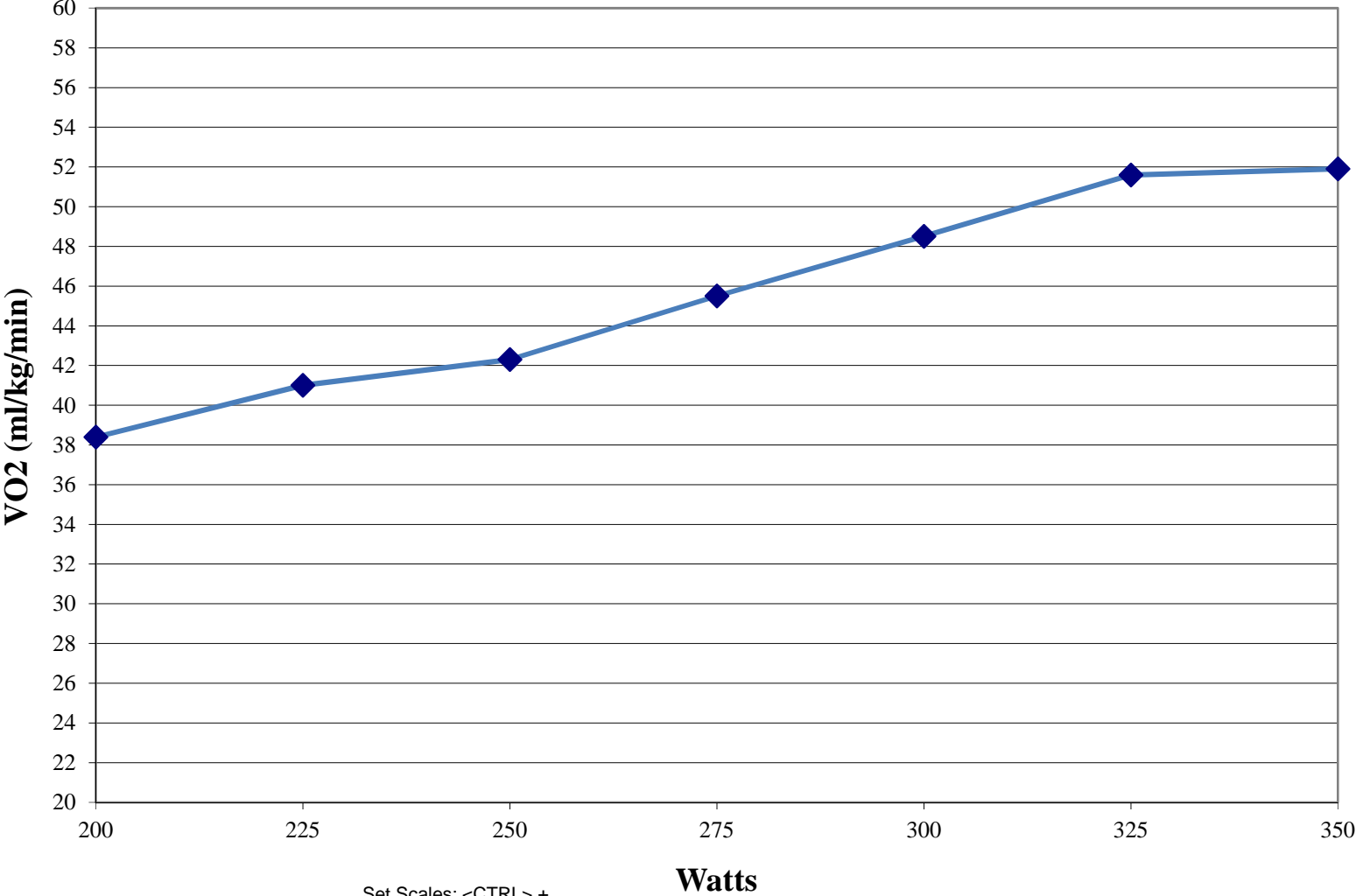
Name: _____ Gender: **Male** **Oct-13**

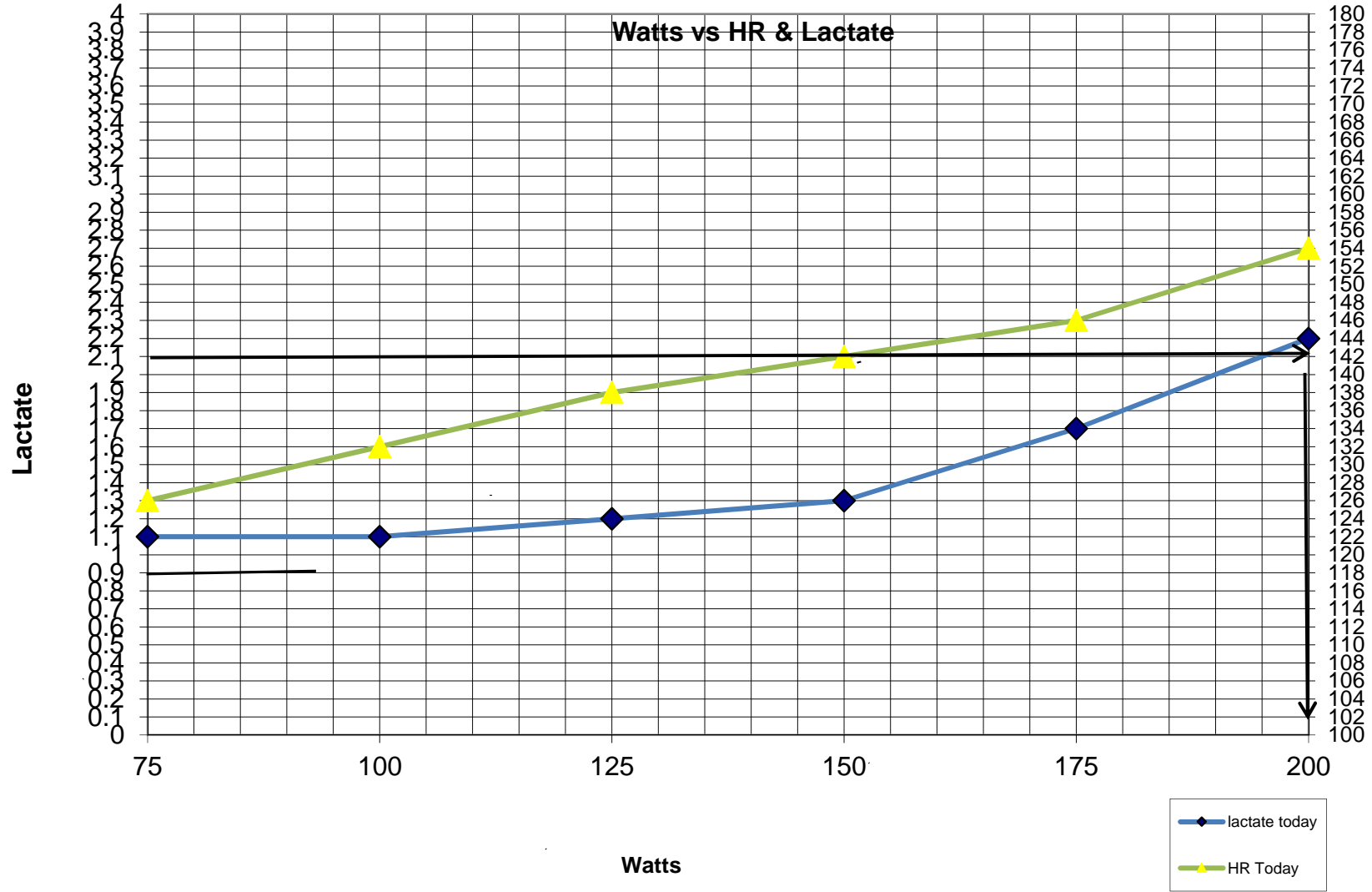
Physical Characteristics	Your Values	Weight Loss	USCF PRO	USCF CAT 1/2	USCF CAT 3	USCF CAT 4	NORBA PRO	Master 35-44y	Master 45-54y	Master >55y
Age (yr)			25 ± 2	23.0 ± 3.0	27 ± 1	26 ± 1	29 ± 4	39 ± 3	49 ± 3	65 ± 4
Height (in)	68.9	68.9	69.7-72.0	70.2± 1.8	71.5 ± 0.7	71.5	69.3 ± 2.8	70.1 ± 1.9	69.6 ± 2.3	68.4 ± 2.6
Mass (lb)	184.1	169.3	148 - 159	153.5 ± 14	160.7 ± 14	160.7	157.7 ± 17	177.1 ± 10.5	173.0 ± 18.7	167.4 ± 16.1
%Fat	20.9	14.0	7.0 - 9.0	7.0	7.0	7.0	5.8 ± 1.1%	12.7 ± 3.0%	14.9 ± 4.0%	16.4 ± 2.8%
Fat Mass	38.5	23.7	12	11	11	11	8	22.5	25.8	27.5
Fat Free Mass	145.6	145.6	143	143	150	150	150	154.6	147.2	139.9
Maximal Data										
VO _{2max} (l/min)	4.33	4.33	4.9-5.2	5.0 ± 0.4	4.7 ± 0.2	4.5	5.0 ± 0.4	3.9-5.5	3.8-4.7	2.7-4.2
VO _{2max} (ml/kg/min)	51.9	56.4	72.9-78.6	71.6 ± 5.0	65.0 ± 2.0	63.6	70.0 ± 3.7	52.3-69.8	43.7-64.5	38.3-51.7
Age Percentile Ranking	99.0	99.0								
Power (watts)	350	350	466-520	441 ± 33	400	370	420 ± 42	372-475	341-435	265-407
Power (watts/kg)	4.2	4.6	>6.4	6.4 ± 0.4	5.6	5.1	5.9 ± 0.3	3.8-6.3	3.8-6.0	3.8-4.8
Maximal Heart Rate (beats/min)	175	175	190 ± 7	190 ± 7			192 ± 12			
Predicted 10 Mile Average Watts	285	285								
Predicted 40K Average Watts	253	253		304	281	264	292			
Predicted Ironman HR	142	142								
Predicted 40K Heart Rate	161	161								
Performance Threshold LT										
VO ₂ (ml/kg/min)	38.4	41.7	62.2 - 70.7	58.8 ± 7.4	48.8			47.3	46.6	39.9
% VO _{2max}	74%	74%	87.0 - 92	80.4 ± 6.6	75 ± 1.5			67-90	77-92	81-93
Power (watts)	200	200	385.9 - 454	323 ± 70	275					
Power (watts/kg)	2.4	2.6	5.5 - 6.5	5.0 ± 0.5	3.8					
Heart Rate (beats/min)	154	154	172 ± 7	171 ± 8						
%Heart Rate Max	88%	88%	90%	90%						
Economy (W/L at 200 W)	62.4	62.4	>78	76-77						

Heart Rate/Watt Zones Based on LT

Zone	Name/Purpose	HR from LT		Watts		HR from HRmax	
		<	122	<	130		135
1	Active Recovery	<	122	<	130		135
2	Aerobic Threshold	122	137	130	160	135	145
3	Tempo	137	143	160	174	145	151
4	Sub Lactate Threshold	143	152	174	198	151	158
5A	Lactate Threshold	152	157	198	202	158	163
5B	Aerobic Capacity	156	162	202	210	163	172

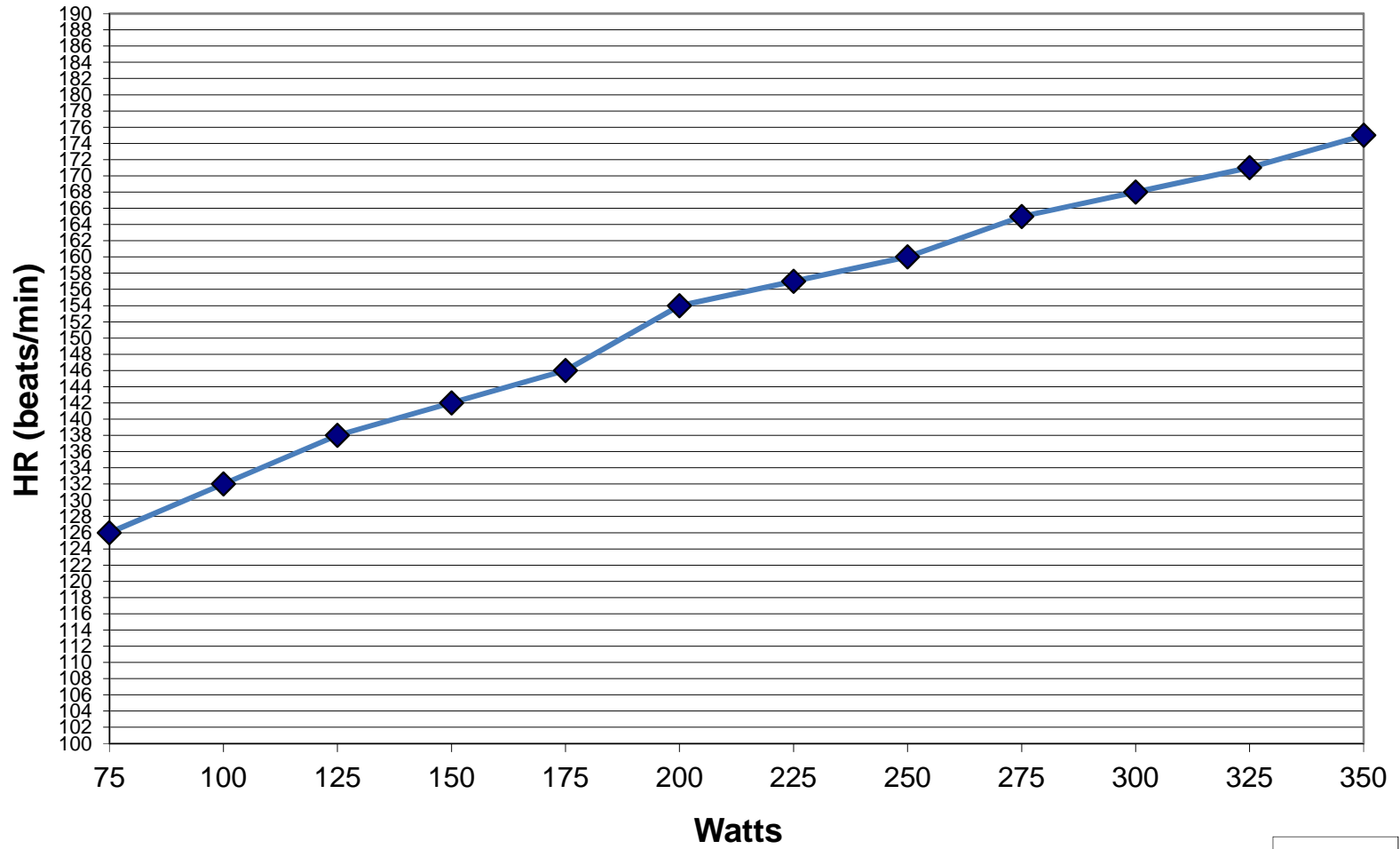
VO2 vs Watts





Set Scales: <CTRL> + I (aka Little "L")

HR vs Watts



Set Scales: <CTRL> +
h

