

**Fitness Institute of Texas**  
**Distance Running Sport Fit Profile**

Name: \_\_\_\_\_ Gender: **Male** Date: **11/15/2013**

Physical Characteristics	Your Values	Projected with wgt loss	Elite Men	Near Elite Men	Elite Women	Near Elite Women		
Age (yr)	<b>48</b>	<b>48</b>						
Height (in)	<b>71.7</b>	<b>71.7</b>						
Mass (lb)	<b>158.8</b>	<b>158.8</b>						
%Fat	<b>11.5</b>	<b>11.5</b>	< 8%		12-15%			
Fat Mass (lb)	<b>18.3</b>	<b>18.3</b>						
Fat Free Mass (lb)	<b>140.5</b>	<b>140.5</b>						
<b>Maximal Data</b>								
VO <sub>2max</sub> (l/min)	<b>4.02</b>	<b>4.02</b>						
VO <sub>2max</sub> (ml/kg/min)	<b>55.8</b>	<b>55.8</b>	70.0 - 85.0	>60.0	65.0 - 80.0	>55.0		
Age Percentile Ranking	<b>99</b>	<b>99</b>						
Maximal running speed (mph)	<b>10.8</b>	<b>10.8</b>	14.5	13.0	13.0	11.0		
Heart Rate (beats/min)	<b>177</b>	<b>177</b>						
<b>Submaximal Data at LT</b>								
VO <sub>2</sub> (ml/kg/min)	<b>42.0</b>	<b>42.0</b>	>56.0	>42.0	>51.0	>38.5		
% VO <sub>2max</sub>	<b>75.3%</b>	<b>75.3%</b>	80-85%	70-85%	80-85%	70-85%		
Running speed (mph)	<b>8.4</b>	<b>8.4</b>	11.5-12.5	9.5-10.5	10.5-11.0	9.0-10.0		
%Maximal running speed	<b>77.8%</b>	<b>77.8%</b>	80-85%	70-85%	80-85%	70-85%		
Heart Rate (beats/min)	<b>158</b>	<b>158</b>						
%HRmax	<b>89.3%</b>	<b>89.3%</b>						
Energy expenditure (Kcals/min)	<b>15.1</b>	<b>15.1</b>						
<b>Performance Prediction Based on VO2max</b>								
5K (min)	<b>18.4</b>	<b>18.4</b>						
10 K (min)	<b>39.1</b>	<b>39.1</b>						
Half Marathon (min)	<b>84</b>	<b>84</b>						
Marathon (min)	<b>176</b>	<b>176</b>						
<b>Performance Prediction Based on Peak Speed &amp; Speed at VT</b>								
5 K (min) (From peak run speed)	<b>19.3</b>	<b>19.3</b>						
Marathon (LT & peak speed)	<b>3:15</b>	<b>3:15</b>						
Marathon (From LT Speed)	<b>3:06:01</b>	<b>3:06:01</b>						
<b>Training Zones</b>								
Zone	HR Based on LT		HR Based on Hrmax		Speed Based on LT (min/mi)		Speed Based on Hrmax (min/mi)	
#1 Active Recovery	119	134	119	136	10.0	9.0	9.9	8.8
#2 Aerobic Threshold	134	141	136	143	9.0	8.6	8.8	8.4
#3 Tempo	141	149	145	150	8.6	8.1	8.3	7.9
#4 Sub-Lactate Threshold	149	155	152	159	8.1	7.7	7.8	7.4
#5a Lactate Threshold	155	161	159	165	7.7	7.3	7.4	7.0
#5b VO2max	161	166	165	172	7.3	6.9	7.0	6.6

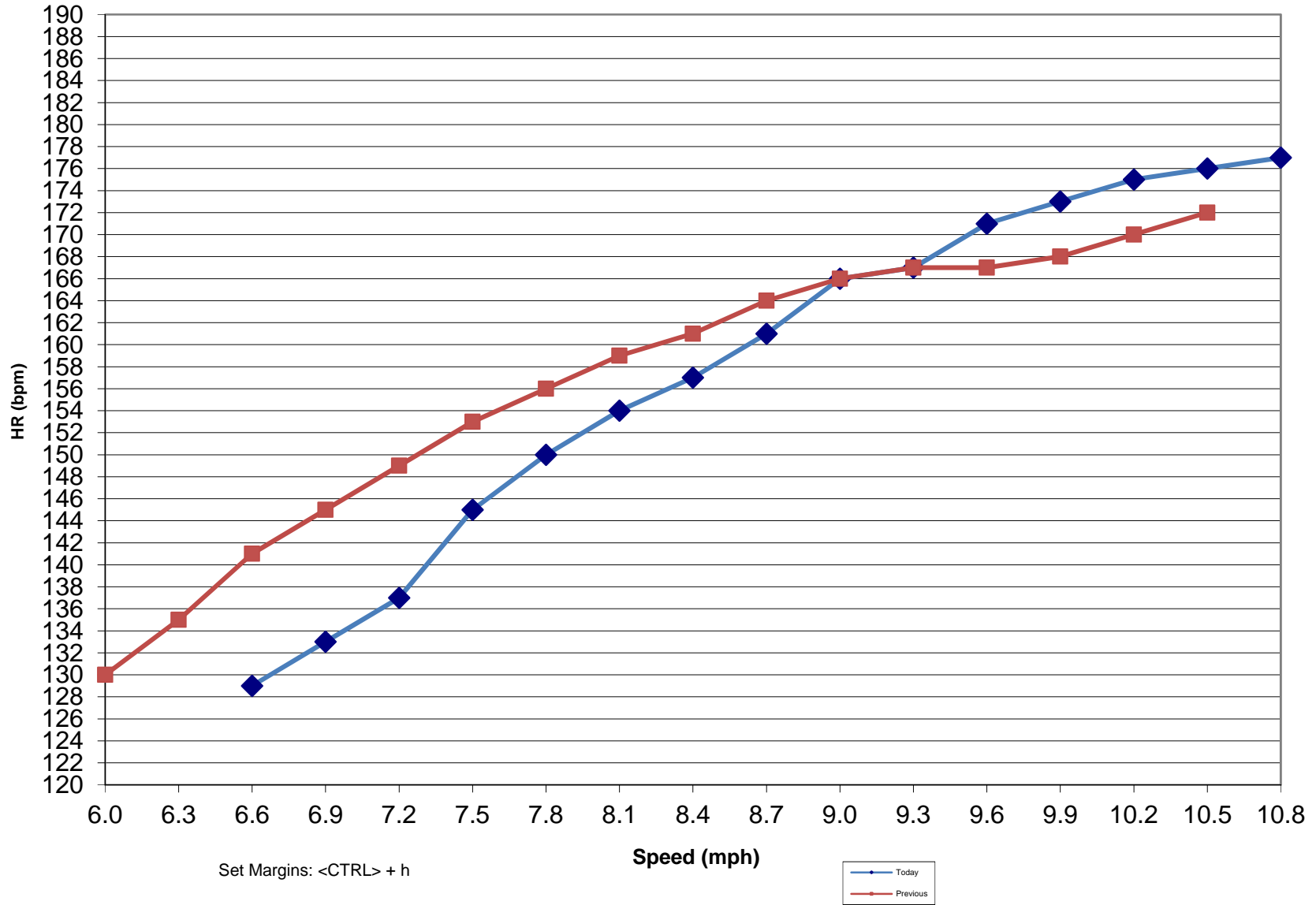
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Name:

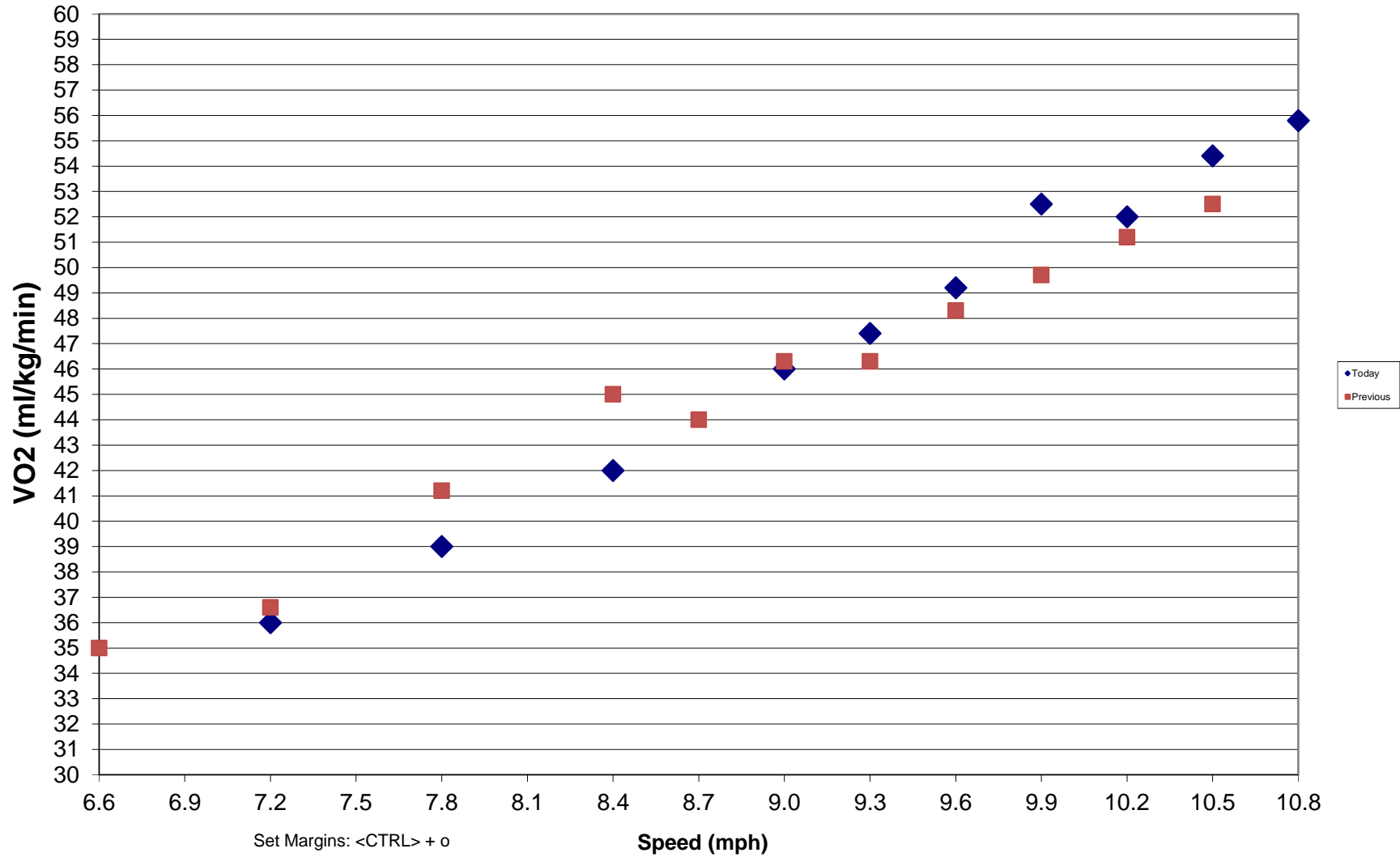
Gender:

Physical Characteristics	Nov-13	Oct-12		%Change
Age (yr)	<b>48</b>	<b>47</b>		
Height (in)	<b>71.7</b>	<b>71.7</b>		
Mass (lb)	<b>158.8</b>	<b>159.0</b>		0%
%Fat	<b>11.5</b>	<b>11.5</b>		
Fat Mass (lb)	<b>18.3</b>	<b>18.3</b>		0%
Fat Free Mass (lb)	<b>140.5</b>	<b>140.7</b>		0%
Maximal Data				%Change
VO <sub>2max</sub> (l/min)	<b>4.02</b>	<b>3.79</b>		6%
VO <sub>2max</sub> (ml/kg/min)	<b>55.8</b>	<b>52.5</b>		6%
Age Percentile Ranking	<b>99</b>	<b>99</b>		
Maximal running speed (mph)	<b>10.8</b>	<b>10.5</b>		3%
Heart Rate (beats/min)	<b>177</b>	<b>172</b>		
Submaximal Data at LT				
VO <sub>2</sub> (ml/kg/min)	<b>42.0</b>	<b>43.2</b>		-3%
% VO <sub>2max</sub>	<b>75.3%</b>	<b>82.3%</b>		-9%
Running speed (mph)	<b>8.4</b>	<b>8.0</b>		5%
%Maximal running speed	<b>77.8%</b>	<b>76.2%</b>		2%
Heart Rate (beats/min)	<b>158</b>	<b>158</b>		0%
%HRmax	<b>89.3%</b>	<b>91.9%</b>		-3%
Energy expenditure (Kcals/min)	<b>15.1</b>	<b>15.6</b>		-3%
Performance Prediction Based on VO2max				
5K (min)	<b>18.4</b>	<b>19.4</b>		-5%
10 K (min)	<b>39.1</b>	<b>41.3</b>		-5%
Half Marathon (min)	<b>84</b>	<b>89</b>		-5%
Marathon (min)	<b>176</b>	<b>186</b>		-5%
Performance Prediction Based on Peak Speed & Speed at VT				
5 K (min) (From peak run speed)	<b>19.3</b>	<b>19.7</b>		-2%
Marathon (min) (From VT & peak run speed)	<b>195</b>	<b>200</b>		-3%
Marathon (min) (From VT)	<b>3:06:01</b>	<b>3:12:14</b>		-3%

### HR vs Speed



# VO2 vs Speed



# Lactate & HR vs Speed

