

VO2 Max

# 52.5

mL/kg/min

How Your VO2 Compares to Others

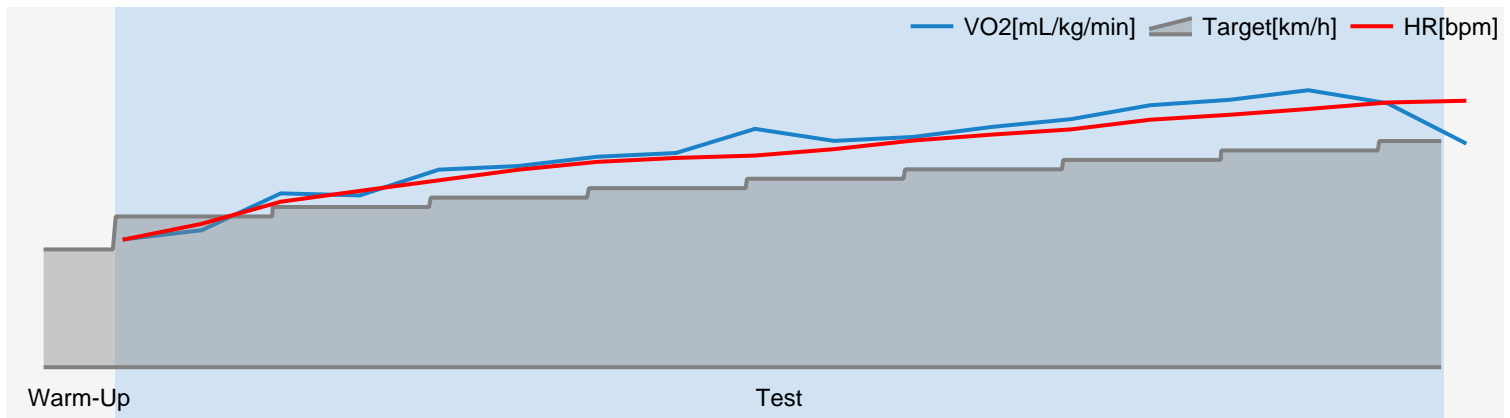


The measure of VO2 Max shows your highest rate of oxygen consumption. This scale shows how your VO2 compares to statistical norms for you to track changes over time. Greater oxygen utilization is associated with higher levels of athletic performance, and lower risk of all-cause mortality.

## Training Zones

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Warm Up	Fat Burning	Endurance	Vigorous	Maximal
Heart Rate [bpm] < 104	Heart Rate 104 - 113	Heart Rate 113 - 135	Heart Rate 135 - 167	Heart Rate > 167
Speed [mph] < 1.5	Speed 1.5 - 2	Speed 2 - 3.25	Speed 3.25 - 5	Speed > 5

Training Zones are calculated based on the relationship between your VO2, heart rate, and mechanical output in terms of power or speed. This accurately describes at what intensities optimal training occurs. You should re-assess your zones every 4-6 weeks to keep up with your physiologic adaptations to training.



Workout Name	Jimbo - big run	Athlete Name	Jim	Weight	86kg
Test Date	2019-12-19 9:37:37 AM	Date of Birth	1965-04-16 (54)	Sex	Male
Height	70inches				
Elapsed	00:08:51	Notes			
User Piece Size	Medium	Data Average	30s		

