



Date of Test: xxxxxxxxxxxxxxxxxxxxxx

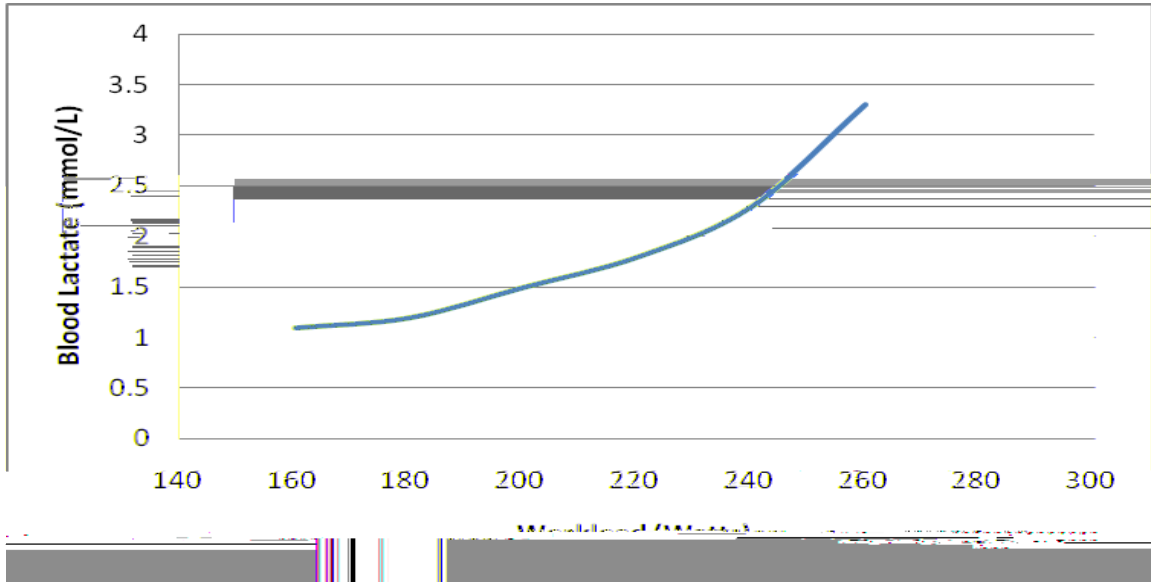


Figure 1: Blood Lactate (BLa) concentration (mmol/L) at each of the sub-maximal exercise intensities on the King-cycle.

**Table 3: Training Zones**

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