

Danielle's VO₂ max test

Female Age 26

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	112	0.77	7.2	364	22	691
0:00-1:00	1	0	5.5	2	128	0.72	20.3	965	24	1279
1:00-2:00	2	0	6	3	149	0.77	28.5	1438	30	1504
2:00-3:00	3	0	6.5	3	164	0.9	33	1879	31	1889
3:00-4:00	4	1	6.5	4	178	0.89	34.4	2037	34	1822
4:00-5:00	5	2	6.5	4	181	0.92	35.4	2102	28	2082
5:00-6:00	6	3	6.5	6	183	0.96	36.9	2274	31	2068
6:00-7:00	7	4	6.5	7	189	1	39.5	2455	32	2161
7:00-8:00	8	5	6.5	8	192	1.02	41.9	2809	40	2188
8:00-9:00	9	6	6.5	9	195	1.06	42.1	2809	41	2124
End 9:40	10	7	6.5	10	197	1.08	43.6	3024	46	2076

Note:

All data was collect during the last 5-10 sec of each stage

Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertionDanielle reached a 44.0 VO₂max

Andy's VO₂ max test

Male Age 24

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	75	0.76	8.3	487	22	708
0:00-1:00	1	0	6	3	121	0.9	33.8	2326	31	1969
1:00-2:00	2	0	6.5	4	144	0.9	38.5	2748	34	2086
2:00-3:00	3	0	7	4	168	0.94	40.2	2895	35	2147
3:00-4:00	4	2	7	4	180	0.95	43.6	3159	37	2259
4:00-5:00	5	4	7	4	174	0.96	47.4	3562	35	2638
5:00-6:00	6	6	7	5	181	0.98	50.8	3852	37	2577
6:00-7:00	7	8	7	7	186	1	52.2	4227	40	2736
7:00-8:00	8	10	7	9	189	1.06	56.2	4777	45	2782
End 8:21	9	12	7	10	196	1.2	56.6	5088	50	2824

Note:

All data was collect during the last 5-10 sec of each stage

Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertion

Andy reached a **57.0 VO₂max**

Mike's VO₂ max test

Male Age 18

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	64	0.82	8.6	491	17	1063
0:00-1:00	1	0	6	2	112	0.79	25.4	1403	21	2121
1:00-2:00	2	0	6.5	2	153	0.84	37.6	2197	28	2323
2:00-3:00	3	0	7	3	163	0.89	41.7	2576	26	2895
3:00-4:00	4	2	7	3	169	0.91	43.7	2759	29	2848
4:00-5:00	5	4	7	4	174	0.9	48.8	3143	28	3232
5:00-6:00	6	6	7	6	180	0.99	49.5	3442	42	2599
6:00-7:00	7	10	7	9	189	1.07	52.2	3913	46	2868
End 7:43	8	12	7	10	194	1.12	53.6	4237	58	2562

Note:

All data was collect during the last 5-10 sec of each stage

Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertion

Mike reached a **54.6 VO₂max**

Lenord's VO₂ max test

Male Age 18

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	73	0.87	8.4	549	21	851
0:00-3:00	1	0	1.7	2	90	0.71	12.1	647	17	1123
3:00-6:00	2	5	1.7	2	92	0.81	15.5	753	18	1158
6:00-9:00	3	10	1.7	3	100	0.85	16.8	1068	23	1247
9:00-12:00	4	12	2.5	5	118	0.91	24.1	1631	30	1417
12:00-15:00	5	14	3.4	6	158	1.03	35.7	2715	33	2018
15:00-18:00	6	16	4.2	8	184	1.16	50.1	4575	43	2912
End 18:38	7	18	5	10	196	1.25	51.8	4885	53	2650

Note: Lenord performed a Modified Bruce Protocol which is a longer gradual increase to VO₂max
 All data was collect during the last 5-10 sec of each stage
 Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertion
 Lenord reached a **52.4 VO₂max**

Jordan's VO₂ max test

Male Age 20

Time	Stage	Grade (%)	Speed (mph)	RPE	HR (bpm)	RER	VO ₂ (mL/kg/min)	VCO ₂ (mL/min)	RR (br/min)	Vt BTPS (mL)
Rest	0	0	0	1	84	0.98	5.9	466	14	1029
0:00-1:00	1	0	6	2	94	0.87	28.2	1962	47	1316
1:00-2:00	2	2	6	3	146	0.94	32.6	2475	49	1539
2:00-3:00	3	4	6	3	156	0.99	35.5	2848	47	1798
3:00-4:00	4	6	6	4	167	0.98	39.2	3077	43	1970
4:00-5:00	5	8	6	5	173	1.01	41.8	3618	48	2165
5:00-6:00	6	10	6	7	180	1.12	45.4	4214	50	2433
6:00-7:00	7	12	6	9	187	1.19	48.1	4603	55	2496
End 7:15	8	14	6	10	189	1.23	47.1	4643	57	2503

Note: All data was collect during the last 5-10 sec of each stage
 Max VO₂ does not occur right at the end of the test, but usually during the last few minutes of the subjects exertion
 Jordan reached a **48.1 VO₂max**