

COCC Exercise Physiology Lab  
2600 Northwest College Way  
Bend OR 97701 (541) 383-7768

4 X week  
2<sup>3</sup> X week ①  
1 X ③ ④

## Patient Information

<b>Id</b>		<b>Protocol</b>	
<b>First Name</b>	Michael	<b>Temperature</b>	28.6 degree C
<b>Last Name</b>	Muha	<b>Baro</b>	675 mm Hg
<b>Weight</b>	158.0 Lbs	<b>Height</b>	69.0 inches
<b>Date</b>	06-08-2001	<b>Time</b>	16:01:26
<b>Humidity</b>	100	<b>Filter</b>	30 seconds (BBB)

tempo  
20-30min.  
cruise  
intervals  
4x5min.  
7x3min.

TIME(min)	VE(btps)	VO2(L)	VO2(Kg)	RER	RR	True O <sub>2</sub>
00:30	29.59	2.266	31.55	0.17	29	
01:01	35.84	1.212	16.87	0.84	29	
01:31	33.86	1.357	18.90	0.77	32	
02:01	33.51	1.416	19.72	0.79	31	
02:31	36.09	1.669	23.24	0.78	32	
03:00	35.15	1.576	21.94	0.81	34	4.5
03:30	37.21	1.685	23.46	0.80	34	
04:00	41.06	1.873	26.08	0.83	29	
04:30	43.51	1.971	27.44	0.84	35	
05:01	43.72	1.867	26.00	0.89	30	
05:30	40.44	1.864	25.95	0.86	28	
06:00	43.90	1.960	27.29	0.87	34	4.5
06:30	45.64	2.002	27.87	0.88	31	
07:01	49.25	2.230	31.05	0.89	32	
07:30	54.39	2.372	33.03	0.91	35	
08:00	56.78	2.387	33.23	0.93	34	
08:30	52.66	2.333	32.49	0.91	32	
09:01	53.69	2.398	33.40	0.91	33	4.5
09:30	55.36	2.456	34.19	0.91	35	
10:00	58.72	2.483	34.57	0.95	32	
10:30	63.79	2.872	39.99	0.92	33	
11:00	70.43	2.990	41.63	0.96	34	
11:31	64.91	2.792	38.88	0.96	33	
12:00	69.81	2.984	41.55	0.95	38	4.3
12:31	71.78	2.965	41.28	0.97	39	
13:01	77.30	3.206	44.64	0.97	36	
13:31	86.07	3.548	49.40	0.98	39	
14:00	100.63	3.532	49.18	1.06	45	
14:31	98.69	3.379	47.04	1.07	47	
15:00	100.96	3.590	49.99	1.04	48	3.6
15:30	97.66	3.364	46.84	1.03	45	
16:00	109.33	3.744	52.13	1.03	47	
16:30	116.80	3.918	54.55	1.06	48	
17:00	124.42	3.867	53.84	1.09	50	
17:30	130.61	3.987	55.51	1.10	51	
18:00	130.92	3.937	54.82	1.08	54	3.0
18:31	136.02	3.992	55.59	1.08	55	
19:00	150.88	4.211	58.63	1.09	60	
19:30	164.12	4.375	60.92	1.14	63	
20:00	169.55	4.193	58.39	1.17	65	
20:30	171.30	4.274	59.51	1.16	67	
21:00	173.97	4.295	59.80	1.16	69	2.5