REFERENCES


Power Pedal II. “Power Pedal Science”. info@powerpedal.com (10 May 1998).


APPENDIX A

ABREVIATIONS

HT (HR) = HEART RATE (beats per minute)
VO2-MAX = MAXIMUM OXYGEN CONSUMPTION (mlO₂/kg/min)
RQ = RESPIRATORY QUOSIEN'T
RR = RESPIRATORY RATE (beats per minute)
VE = MINUTE VENTILATION (litres per minute)
VT = TIDAL VOLUME (ml)
MET = METABOLIC EQUIVALENT (litres per minute)
VD (AT) = ANAEROBIC THRESHOLD (beats per minute)
La = LACTATE (mmol)
VE/VO2 = BREATHING EQUIVALENT (litres)
VO2/HT = OXYGEN PULSE (mlO₂ per heartbeat)
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