Custom Fit

KORR CARDIOCOACH VO2 TEST

Cardio Fitness Report

CLIENT	TEST DATE	AGE · SEX	HEIGHT	WEIGHT	COMPARED WITH
Sample Client	**3/23/2026**	**46 · Male**	**6′ 1″**	**190.0 lb**	**KORR norms, males 40–49**

Your VO2 max

VO2 max is the most oxygen your body can use during all-out exercise. It is one of the strongest single measures of cardiovascular fitness and long-term health.

50.7

mL of oxygen per kg per minute

Superior



50.7 is **Superior** for males 40–49. That is the top KORR category for males 40–49.

How you compare by age group

KORR VO2 max norms for males (mL/kg/min). Your age group is highlighted and your category is outlined.

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13–19	< 35.0	35.0 – 38.3	38.4 – 45.1	45.2 – 50.9	51.0 – 55.9	> 55.9
20–29	< 33.0	33.0 – 36.4	36.5 – 42.4	42.5 – 46.4	46.5 – 52.4	> 52.4
30–39	< 31.5	31.5 – 35.4	35.5 – 40.9	41.0 – 44.9	45.0 – 49.4	> 49.4
40–49 YOU	**< 30.2**	**30.2 – 33.5**	**33.6 – 38.9**	**39.0 – 43.7**	**43.8 – 48.0**	**> 48.0**
50–59	< 26.1	26.1 – 30.9	31.0 – 35.7	35.8 – 40.9	41.0 – 45.3	> 45.3
60+	< 20.5	20.5 – 26.0	26.1 – 32.2	32.3 – 36.4	36.5 – 44.2	> 44.2

Test highlights

PEAK HEART RATE	AEROBIC THRESHOLD	ANAEROBIC THRESHOLD	CALORIES AT VO2 MAX
170 bpm	126 bpm	161 bpm	1,323
Highest reached in the test	65% of your VO2 max	93% of your VO2 max	kcal per hour

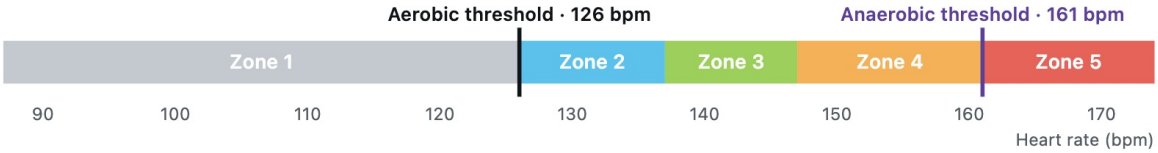
What this means for you

- Your cardio fitness is **Superior** for your age and sex, well above average.
- Your easy, all-day effort tops out around **126 bpm** (aerobic threshold) and your hardest sustainable effort is around **161 bpm** (anaerobic threshold). Page 2 turns these into training zones.
- You burned the most fat, about **666 kcal/hr**, at **132 bpm**. Above your anaerobic threshold almost all energy comes from carbohydrate (page 3).
- Your top training priority: **raise your ceiling**. Page 4 explains why and how.

Thresholds and training zones

Sample Client · 46 · Male · Test 3/23/2026

Your two thresholds split exercise into three intensities. Below the aerobic threshold your body runs mainly on oxygen and can keep going for a long time. Between the thresholds effort climbs steadily. Above the anaerobic threshold lactate builds faster than you can clear it, so the effort can only be held briefly.



Aerobic threshold

126 bpm

65% of your VO2 max (33.1 mL/kg/min) and 74% of your peak heart rate, burning about 810 kcal/hr.

In practice: the top of your easy, all-day pace. Long sessions below 126 bpm build endurance and fat use without much fatigue.

Anaerobic threshold

161 bpm

93% of your VO2 max (47.4 mL/kg/min) and 95% of your peak heart rate, burning about 1,233 kcal/hr.

In practice: roughly the hardest pace you could hold for 30–60 minutes. Above 161 bpm, fatigue builds quickly and recovery takes longer.

Your heart rate training zones

Zones from your KORR test, with the treadmill settings and calories measured near each one. Fuel shows the estimated share of energy from fat at that intensity.

ZONE	HEART RATE	TREADMILL	KCAL / HR	FUEL	FEELS LIKE
Zone 5 VO2 max	> 161	7.5 mph · 3.0%	> 1,232	0% fat	Very hard. No talking.
Zone 4 Threshold	147 – 161	7.5 mph · 3.0%	1,004 – 1,232	17% fat	Hard. A few words at a time.
Anaerobic threshold	161	7.5 mph · 3.0%	1,233		The highest effort you can hold for a sustained period.
Zone 3 Tempo	137 – 147	6.5 mph · 1.0%	938 – 1,004	45% fat	Moderate. Short sentences only.
Zone 2 Aerobic base	126 – 137	6.0 mph · 0.0%	823 – 938	74% fat	Easy. You can talk in full sentences.
Zone 1 Recovery	< 126	5.5 mph · 0.0%	< 823	89% fat	Very easy. Full conversation.

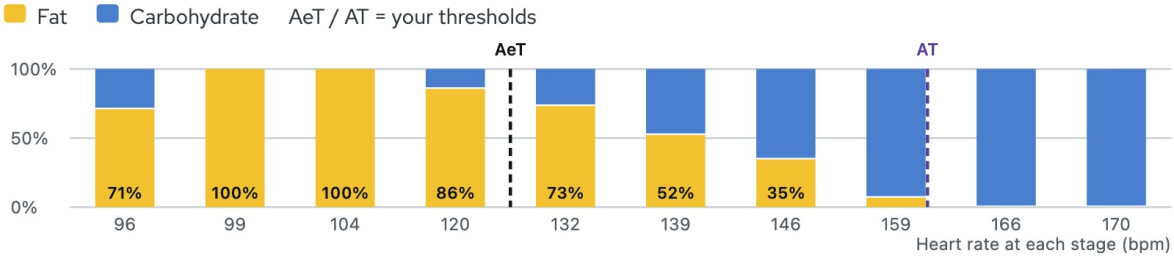
How you fuel exercise

Sample Client · 46 · Male · Test 3/23/2026

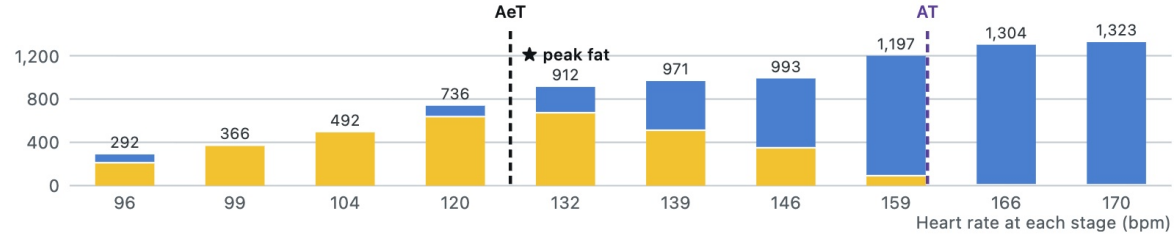
Your body burns a mix of fat and carbohydrate (CHO), measured from your breathing (RER). Fat is a large, slow fuel for easy efforts; carbohydrate is a faster fuel that takes over as intensity rises.

PEAK FAT BURNING	FAT / CARB CROSSOVER	EASIEST STAGE
666 kcal/hr	**140 bpm**	**71% fat**
from fat at 132 bpm (5.5 mph, 0.0%)	Above this, carbs supply most of your energy	RER 0.78 at 96 bpm

Fuel mix at each stage

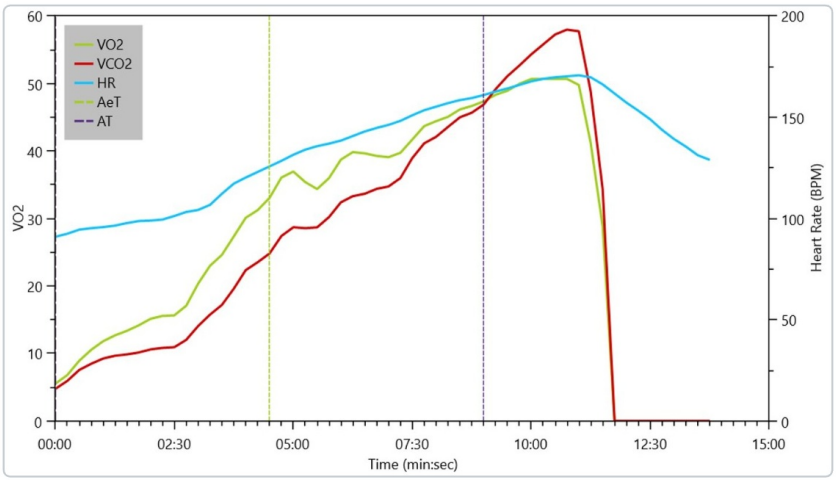


Calories burned per hour



Your test, minute by minute

Oxygen use (VO2), CO2 output (VCO2) and heart rate through your test. Dashed lines mark your aerobic (AeT) and anaerobic (AT) thresholds.



RER (respiratory exchange ratio) near 0.70 means mostly fat; near 1.00 means mostly carbohydrate. Recent meals, caffeine and sleep can shift these results.

Your training plan

Sample Client · 46 · Male · Test 3/23/2026

Recommendations based on where your numbers fall. They are general guidance to discuss with your coach, not medical advice.

PRIORITY 1 · ZONE 5 Raise your ceiling

WHY

Your anaerobic threshold is already at **93%** of your VO2 max, leaving little room between threshold and max. Gains now come mostly from raising VO2 max itself.

HOW

One session a week of 4–6 × 3–4 minutes at **> 161 bpm**, with equal easy recovery between efforts.

PRIORITY 2 · ZONE 2 Protect your aerobic base

WHY

Your aerobic threshold is at **65%** of your VO2 max and **71%** of your energy came from fat at the easiest stage, a strong aerobic base.

HOW

Keep 2–3 Zone 2 sessions a week at **126 – 137 bpm** so it holds while you add harder work.

Suggested weekly time in each zone



Zones 1–2 (easy) · **75%** Zone 3 (moderate) · **5%** Zones 4–5 (hard) · **20%**

Share of total weekly training time. Most of the gains come from easy volume, with a small amount of hard work layered on top.

Why each zone helps you

Zone 1 · Recovery
< 126 bpm
Use for warm-ups and recovery days so hard sessions stay high quality.

Zone 2 · Aerobic base
126 – 137 bpm
About 74% of energy from fat here. The most direct way to raise your 126 bpm aerobic threshold.

Zone 3 · Tempo
137 – 147 bpm
Steady work just above your aerobic threshold; useful in moderation, but easy to overdo.

Zone 4 · Threshold
147 – 161 bpm
Training around your 161 bpm anaerobic threshold pushes it higher so harder paces feel sustainable.

Zone 5 · VO2 max
> 161 bpm
Nearly all carbohydrate. Short intervals here raise your VO2 max of 50.7.