Notes

* Finding the second derivative of the spline models seems difficult. I don’t know if the references I’ve found so far are the same type of implementation as those I can easily access or code in R.
* There may be an inherent limitation with some studies that focus on submaximal exercise in that they often want an average work rate over an extended period. Given that they may want a 5-minute average for VO2, it doesn’t matter nearly as much that they didn’t specify their breath-by-breath averaging method since it will likely all come out in the wash. This matters much more for graded exercises tests that are used to find VT1 and VT2.