

Performance testing

The test should be done after a recovery day. In the morning of the test, please take your actual body weight. Prepare the test like a normal race day (food, training, ...).

You need a power meter and a heart rate monitor. Please calibrate your power meter before the test and make sure that the heart rate belt is well installed. The test can be done on a smart trainer (please let us know the type) or outside on a climb with 6-8% gradient.

Tests day

- 30 min. warm-up @ 50-60% of you actual FTP (easy riding)
- 2x10 sec sprints full sprint with 15 min. easy riding between the sprints
- 20 min. @50-60% FTP (easy riding)
- 30 sec. all-out with the goal to have the highest average power output over 30 sec. (critical power testing 30 sec.)
- 15 min. @50-60% FTP (easy riding)
- 8 min. @FTP → don't look at your power meter, just go by feeling.
- 10 min. @50-60% FTP
- 10 min. CP (critical power) → try to achieve the highest 10 min. average seated in the saddle
- 15 min. @50-60% FTP
- 3 min. CP (critical power) → try to achieve the highest 3 min. average possible seated in the saddle. You can go out of the saddle for the last 30 seconds.
- Rest of the session could be an easy riding or normal training

What do we need for the evaluation?

- Body weight
- Height
- % of body fat if available
- Type of power meter
- Type of smart trainer

