



Per4mance Assessments

critical power testing

All power testing is conducted on a CompuTrainer in a controlled environment. The CompuTrainer Software captures and records data throughout the entire test period. Our coaches will review these results with you and provide a copy of the test in hard copy or an electronic file.

max power (5 seconds)

The basic premise to the "Power Test" is to find out what your maximum power is. We take you from a rolling start and count you down. 3..2..1... then you go as fast as you can go for two tenths of a mile. The concept is simple. Top end speed, regardless of your ability. Start your testing in the winter and see if your power increases throughout the summer! If you are in the summer months this information will help you win the city line sprint, finish a bike race strong or end that triathlon with a big kick!!

threshold power (20 minutes)

The Threshold Power Test is simply designed and very easily implemented into your training program. We place you on the CompuTrainer and have your do a 45 minute warmup. Then we count you down again. 3...2...1.. and then tell you to go as hard as you can for 20 minutes. We take the data from the test and establish your power and heart rate training zones. It is the most powerful tool outside of a VO2 test that any athlete can use. We analyze your pedaling efficiency, power and heart rate data. This is the best non-invasive way to determine your Functional Threshold Heart Rate and Power!

vo2 power (5 minutes)

The 5 minute test identifies your strength and weaknesses relative to a 3-8 minute time period. We usually equate this to the period at which you can hold your power at VO2. This is beneficial to know for group ride/race efforts that take you above your comfort level. Training and knowledge of this power number will increase your VO2 max.

anaerobic capacity power (1 minute)

The 1 minute test will help identify your anaerobic power. When the heat really turns on and your perceived exertion goes to a 8 on a scale of 1-10 what happens? We test Anaerobic Capacity with power because it is very difficult to train with Heart Rate at this effort level.

FUNCTIONAL THRESHOLD TESTING DATA

Personal Data

Name:	John Doe	Foot Inlets:	Power Bar
Age:	35	New Long Proc:	25 Minutes
Date:	10/20/05	Fitness Rating:	F
Height:	5'8"	Stem:	8 Hours
Weight:	144	PO2:	116.9%

Warm-up Data

Load: Warmup for 25 minutes, 3 jumps above LT Power

Warmup:

Test Data

Time	Avg. Watts	Avg. Heart Rate	Avg. Cadence	Field Stroke (L/R)	Split Score (L/R)
5:00	220	160	70	64:61	47:52
10:00	220	160	70	66:49	48:50
15:00	217	160	70	65:59	49:51
20:00	198	160	70	66:40	50:50

Notes

Lactate Threshold 109

TRAINING ZONES

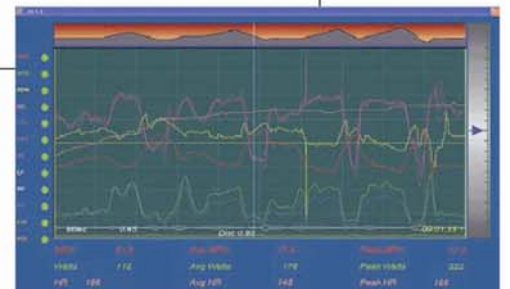
Your heart rate training zones were determined using the data from your VO2 Test. These training zones, along with power and RPE (Rate of Perceived Exertion) are the building blocks of your annual training plan. Know them, know them well. To make sure you are training with the appropriate degree of intensity, multiple tests should be conducted throughout the course of a year. The timing of these tests dictated by your event/race schedule.

Heart Rate Zones

Zone	Heart Rate Range
1	<138
2	138-151
3	152-157
4	158-168
5a	169-172
5b	173-178
5c	179+

Power Zones

Zone	Wattage Range
Aerobic Capacity	236*
VO2 Max	207-235
Threshold	178-206
Tempo	148-177
Endurance	110-147
Active Recovery	0-109



Your Ranking

excerpt from Andy Coggan's power profile tables, 2004

Rank	Age	Power	VO2 max	VO2 max	VO2 max	VO2 max	VO2 max	VO2 max	VO2 max
World class	24-26	11.00	7.00	5.00	4.00	3.00	2.00	1.00	0.94
Exceptional	27-29	11.00	7.47	5.34	4.26	3.14	2.04	1.00	0.96
Excellent	30-32	10.00	7.00	5.00	4.00	3.00	2.00	1.00	0.94
Very good	33-35	10.00	7.00	5.00	4.00	3.00	2.00	1.00	0.94
Good	36-38	9.00	6.00	4.00	3.00	2.00	1.00	1.00	0.94
Moderate	39-41	8.00	5.00	3.00	2.00	1.00	1.00	1.00	0.94
Fair	42-44	7.00	4.00	2.00	1.00	1.00	1.00	1.00	0.94
Untrained	45-47	6.00	3.00	1.00	1.00	1.00	1.00	1.00	0.94

Power Profiler Summary

Age	18 Apr 05	Altitude	John Doe
Weight	175.0 lb	Mass	78.4 kg
Sex	M		
VO2 max	422.17		
VO2 max (watts)	1,802		
Anaerobic Work Capacity (J)			
VO2 max (watts)	422.17		
5 minute	Unlimited 1		
1 minute	Unlimited 1		
20 minute	Very Good 5		
1 hour	Excellent 3		

VO2 Test Data

Time	Test Power (W)	Test VO2 (l/min)	Starting at	to file
0:00:00	457.9	9.7000	0:00:42	John Doe CP20APR142005_SOP.w
0:01:00	441.9	9.5867	0:00:33	John Doe CP20APR142005_SOP.w
0:05:00	438.7	9.5262	0:00:35	John Doe CP20APR142005_SOP.w
0:20:00	423.1	9.3302	0:00:01	John Doe CP20APR142005_SOP.w



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