

# TAKE THE CYCLEOPS POWER TEST. NOW.

The CycleOps Power Test determines your threshold power- a starting point for getting fitter, a frame of reference for getting faster and a measuring tool for going further.

## PREPARATION:

- The participating dealer has everything you need to perform the test. Bring riding gear including shoes, shorts and t-shirt. You may also want to bring a water bottle.
- You will be performing the test with either a CycleOps trainer and PowerTap power meter or a CycleOps Indoor Cycle
- Since the CycleOps Power test is a sub-maximal test, the effort will not be overly strenuous. Accordingly, it is important to be honest with your perception of "hard" in the interest of establishing a starting point for a fitter and faster you.
- The CycleOps Power Test will take about 20 minutes to complete.

## THE TEST:

- Warm up for 5 minutes at a level you feel is a 3 or below on Borg's Rate of Perceived Exertion (RPE) Chart (figure 1).
- Begin the test at a very easy intensity, perhaps 100 watts or less and a heart rate of 100 to 110 beats per minute. (You'll be doing 5 to 6 segments so start slow).
- Set CycleOps PowerTap to view Average Power and Time.
- Pedal at a steady cadence of 80-100 revolutions per minute for 3 minutes.
- At the end of the first 3 minute segment record your average power output, average heart rate and RPE from the Borg scale in the form below (figure 2).
- Increase your power output by 20 to 30 watts by shifting gears.
- Hold this new intensity level for 3 minutes and at the end of the 3 minutes record your averages again.
- Keep increasing the gearing and resulting power output by 20-30 watts until you feel the intensity is hard on the Borg RPE scale.
- Go one step beyond hard before stopping the test.

**\*Important: This should be level of intensity you feel you could sustain for about an hour.**

STAGE (S)	POWER (P)	HEART RATE (HR)	RPE
1			
2			
3			
4			
5			
6			
7			

## 1 - 10 Borg Scale

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race

YOUR CYCLEOPS THRESHOLD POWER IS \_\_\_\_\_



**"A Power Test is the starting point of a good training program"**

Robbie Ventura, Vision Quest Coaching

Go to [www.cycleops.com](http://www.cycleops.com) to learn more about your Threshold Power and get your free training program and other useful information on training with power.