



Functional Power Test

If you intend to train seriously, this is the service for you.

The FTP (functional threshold power) test protocol will provide you with data from which to build a training plan.

For data junkies – the FTP test is a controlled protocol that will provide you accurate threshold limits and training zones in both intensity (heartrate) and power (wattage).

FUNCTIONAL THRESHOLD POWER



TEST INFO

Athlete
 Date 23-Jan-08
 LTHR n/a
 LTP 290
 Event Bike

BIKE TRAINING ZONES

Zone	Purpose	RPE	HR low	HR high	PW low	PW high
1	Recovery	3-4	n/a	n/a	73	113
2	Aerobic	5-6	n/a	n/a	116	229
3	Tempo	7	n/a	n/a	232	252
4	Threshold	8	n/a	n/a	255	287
5a	Threshold	8.5	n/a	n/a	290	302
5b	Aerobic Capacity	9	n/a	n/a	305	432
5c	Anaerobic Capacity	10	n/a	n/a	435	522

