



Testing for Training Power and Heart Rate Zones

To discover your training zones you need to complete a 30-minute test. The 30-minute test is a time trial that can be done indoors or outdoors but is preferable to do indoors with power and heart rate. The FTP test will be done every 3-4 weeks in the off-season and potentially once a month in the racing season. The racing season tests would be best done during a TT. However, Normalized Power (NP) captured as part of a hard 1 hour+ race can be very close to the outcome of the 30 Minute Test.

The test protocol: Warm up for 20-30 minutes. Make sure you get your heart rate into Zones 3-4 or RPE Zones 4-5 before completing the warm-up.

On a trainer or rollers perform a 30-minute time trial. This is a TT so treat it as such, big gears, high cadence, and aero. Feel free to change gears. You may find the longer you ride into the 30 minutes that your legs may open up, increase the resistance the further in (shifting to a harder gear) gradually. This is a hard effort so remember to save enough to finish strong.

Collect your data on completion of the test: Once you have uploaded your test data to a service like TrainingPeaks.com find your Peak 20 minute power and heart rate for the test or TT race. Use peak 20 minutes NP for mass start races. These are the numbers you will use to update your training zones using the calculator.

Cool Down: Ride easy gearing for 5-10 minutes and get your heart rate down to approx. 100-120BPM

Training Zones: To get your training zones simply go to the [PPC Training Zone Calculator](#) and follow the directions provided at the top of the calculator.

Recovery: This is a very hard test. Take the rest of the day off the bike, no weight lifting and no x-training. Go for a walk, laze around, take a nap and stretch. You may also spin easy for 30 minutes to an hour a few hours after the test but it should be a solo ride only in Zone 1 of power or heart rate.

Optional 20-minute test: If you are new to training and testing you may find that a 20-minute test is sufficient. Follow the same warm up and cool down procedures as above. Use the average power and heart rate from your test in the [PPC Training Zone Calculator](#) to get your training zones.

Power to Weight: You may also find your power to weight ratio using our w/kg calculator. The [w/kg calculator](#) covers many measures across the power curve!