

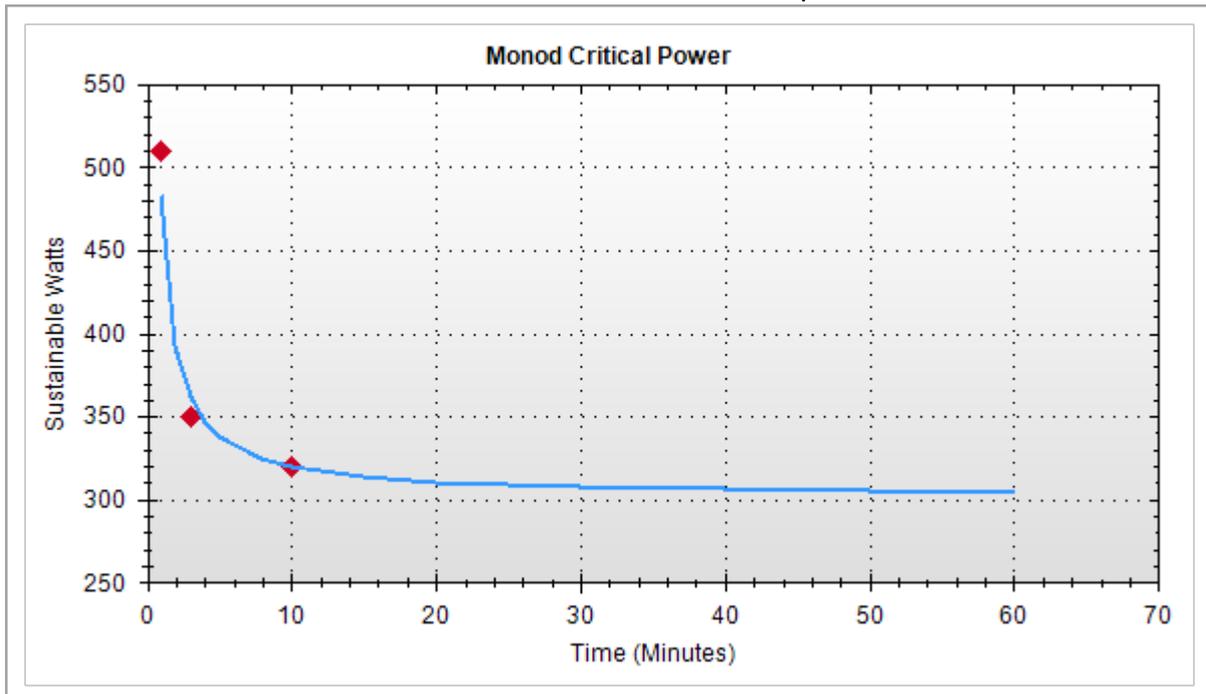
Power Profile Testing

A good percentage of serious riders these days have gone to the expense of purchasing and fitting a power meter to their race/training bikes.

To make best use of the power meter and the data provided, we believe that regular testing of the rider is essential to provide feedback on how the rider is coping/improving and is also a great indicator of the effectiveness and relevance of the training program.

For regular testing to be worthwhile, the testing has to be relevant to the rider's chosen event discipline, gender, age and development. The testing has to also conform to the basic laws of exercise physiology.

The particular test that we focus on in this post is the Power Profile Test. After a thorough warmup, the rider is asked to complete 3 efforts, typically 10 minutes, 3 minutes and 1 minute. The rider is allowed 10 minutes complete recovery in between each effort, and the duration of each effort can be modified to suit each rider's requirements.



After the test is completed, we will have collected data from each effort, and we plot the average power against elapsed time, and we end up with a predictable curve which allows us to estimate critical power, (threshold power), and also the rider's anaerobic work capacity.

We at **Cyclepro Concepts** are realistic enough to understand the differences between power data collected in an indoor stationary environment, and the data collected when riding in the real world. With this understanding in mind, the data we provide is testing data only, and relying on indoor data to set outdoor training power parameters is not good practice.

The above test is available from us by appointment, and will take about an hour of your time.