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**Testing for Training Power Zones**

To discover your training zones you need to complete a 30-minute time trial. The time trial can be done indoors or outdoors but is preferable to do it indoors with power and HR. The field 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 as part of a TT race series. However I have recently learned that Normalized Power captured as part of a hard 1 hour race effort will be very close to the outcome of the 30 Minute TT test.

**Below is the protocol:**

**Warm up for 20-30 minutes.** Make sure you get your heart rate into Zones 3-4 before completing the warm up. If you do not know your heart zones yet you may use the age method first. 220-Your Age x .60

**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 in the drops. Feel free to change gears. You may find the longer you ride into the 30 minutes that your legs may open up so increase the resistance the further in (shift to a harder gear). This is an all out effort but remember to save enough to finish strong.

**Collect the following data on completion of the TT:** Max and Avg. HR, Cadence, Speed. I also need the average and max power of the last 20 minutes of your TT. Setting the lap counter on your bike computer after the first 10 minutes of the TT usually does this. If you are not sure how this is done you can send me the file from your TT and I will get the necessary data.

**Cool Down:** Ride in easy gearing for 5-10 minutes and get your HR back down. I like to get mine down to approx. 110 BPM. Get off the bike and stretch calves, quads, and lower back.

**Training Zones:** Email me the resulting data from both 3mile TTs and I will dump them into a spreadsheet. I will then give you your training zones. If you r zones change over a training season I will update them in TrainingPeaks.com

**And last but not least recover.** This is a very hard test. Take the rest of the day off the bike, no weight lifting and no x-training. Go for walk, laze around, take a nap and stretch some more. You may also spin easy for 30 minutes to an hour a few hours after the test but it should be a solo ride that is only done in zone 1 of power or heart rate.