

This assessment helps provide insights into appropriate bike power training zones and efforts for your training. It's more repeatable, less depleting, and an easier mental challenge for athletes than a 20-minute test, without compromising accuracy.

SETUP

Ride in ERG mode on your smart trainer, using the associated app to control your trainer's power. We strongly recommend completing this assessment via Matt's live FTP ride or the VOD (video-on-demand) version of the session.

If you wish to run a parallel ramp FTP test on Zwift or Trainerroad simultaneously, you can do so by starting the first "step" of the test when we begin the ramp in the VOD session (note that your "steps" may differ in power from ours).

OVERVIEW

After a thorough warm-up, you'll commence the ramp at a fairly easy power: half your FTP. From there you will add either 10 or 15 watts each minute. You keep going as long as possible until you *absolutely cannot go anymore*. We are looking to dig deep here. It's going to HURT -- but it's only uncomfortable for a few minutes. Once finished, you can take a minute to put your eyeballs back in, then spin easy to flush the legs.

ESTABLISHING NEW FTP & ZONES USING THIS ASSESSMENT RIDE

- Find your 1 MINUTE MAX power from the test: once your session is synced to Today's Plan, open the workout and click "Peaks" for a chart showing your max power for various durations (see image to the right).

- Take 75% of your MAX 1 MINUTE POWER. This is your new FTP.

*Example: My 1' max power was 340W.
340W x 0.75 = new FTP of 255W*

- Once you have calculated your FTP, update it in Today's Plan (make sure the multiplier is set to "1") and any other devices or services you use like Garmin, Zwift, TrainerRoad, or Strava.

As reference, our bike power zones are:

- Z1: 30-55% of FTP
- Z2: 56-75%
- Z3: 76-90%
- Z4: 90-105%
- Z5: over 105%

PROTOCOL

STEP ONE: CALCULATE YOUR BASELINE

Begin your test at 50% of your baseline:

- If you know your current FTP, this is your baseline.
- If you're not sure of it, a good estimate is the average power you hit during a very strong 3x8 minute interval type session.

STEP TWO: CALCULATE YOUR RAMP "STEPS"

You'll ramp based on your baseline/FTP:

- 200W or under: add 10W every 1 minute
- Over 200W: add 15W every 1 minute

STEP THREE: RIDE

After warming up, you'll begin the assessment: start at 50% of your baseline and ramp by 10-15W each minute. You'll continue on until you cannot *possibly* go anymore (or until you hit 150% of your baseline). Every second counts, so keep pushing!

Most athletes will complete the ramp portion in 10-12 min. It can take up to 20 minutes to complete.

EXAMPLE:

My average power in the 3x8min intervals last week was 250W. This is my baseline.

50% of 250 = 125W. This is where I start the ramp.

My baseline is over 200W. So, I'll ramp by 15W:

Minute 1: 125W

Minute 2: 140W

Minute 3: 155W...

I go until either I absolutely cannot continue or I hit 375W (150% of my current FTP)

