

Wattbike Testing

Many congratulations on signing up for your Wattbike test with Aspiring Performance. I trust it will be a great experience and hopefully help develop your cycling performance. I would just like to pass on some information about the test.

Your test is scheduled for 1 hour and will consist of;

- Body mass and body composition
- Warm up on Wattbike, this will include your pedalling analysis test and should take approx. 20 minutes.
- Your performance test. There are three options for this as detailed below; we will discuss on the day which test is best suited to you:
 - 3 Minute Aerobic Test: This is a maximal effort test over a 3 minute duration. It will give you a reading of Maximum Minute Power (MMP), which gives you a baseline figure of performance and your power to weight ratio based on MMP. If you are less experienced or have not gone through this type of testing, this is the recommended test.
 - 20 Minute Functional Threshold Power (FTP) Test: The basis of the FTP test is the same as the 3 Minute Aerobic Test, however over a period of 20 minutes. At the end of the test you will know your FTP and power to weight ratio based on FTP. You will need to hold a very high level of effort over 20 minutes, if you over or under cook it early on then your results can be skewed. Therefore this test is recommended for experienced cyclists who have undertaken similar testing in the past.
 - British Cycling Ramp Test: This is a maximal test performed to fatigue. You will start the test at a relatively low power output, with increases in power every 60 seconds until fatigue. You will need to be motivated and fit to undertake this test.
- Cool down after test.

What will you need?

All you will need is comfy kit to cycle in, a sweat towel and some fluids. If you have a heart rate monitor then feel free to bring it along, however neither test gives a reliable maximum heart rate measurement. The Wattbike can accommodate both SPD and Look/Shimano type pedals (flat pedals too if you don't wear cleats).

Prior to Testing

Please ensure you attend the test rested and ready for a hard training session. It is not advisable to undertake any hard training in the 24 hours prior to the test to ensure the best results. It is advised that you are well hydrated and have eaten before testing and have avoided alcohol intake for the previous 24 hours.

If you have any questions prior to the day, please contact me on david@aspiringperformance.com

Best wishes,

David.