



Fitness Testing

Before starting out on any training program it is always a good idea to determine your current fitness level.

If you're planning to train based on your Maximum HR (MHR) then to ensure your training zones are as accurate as possible you will need to undergo a Max HR test, or Maximum Aerobic Power (MAP). One of the pitfalls people make, which results in them training in the incorrect training zones, is by following one of the algorithms for determining their MHR, whether it's the simple $220 - \text{age}$ or any other popular formula. This test will ensure that you are training at the right intensity/training zone.

You may have spent a considerable amount of money on a power meter and now want to sue this device to ensure that you get the best out of your bike sessions. By undergoing a Functional Threshold Power test you can achieve this. With re-testing every 6 – 8 weeks you will also be able to track your progression which will further help ensure that the training sessions you're doing are working.

The tests that are carried out are detailed below:

Max Aerobic Power (MAP)

- An incremental test conducted on a static trainer connected to a power meter. From this you'll receive suggested training zones based on your MAP HR and resting HR. If a 2nd test is booked within an 8 week period you'll receive a 50% discount.



Functional Threshold Power

- You'll complete a 20min Critical Power test whilst on a static trainer connected to a power meter. The result of this test will be your current FTP, and, FTHR (Functional Threshold Heart Rate), with suggested training zones based on the result. If a 2nd test is booked within an 8 week period you'll receive a 50% discount.