

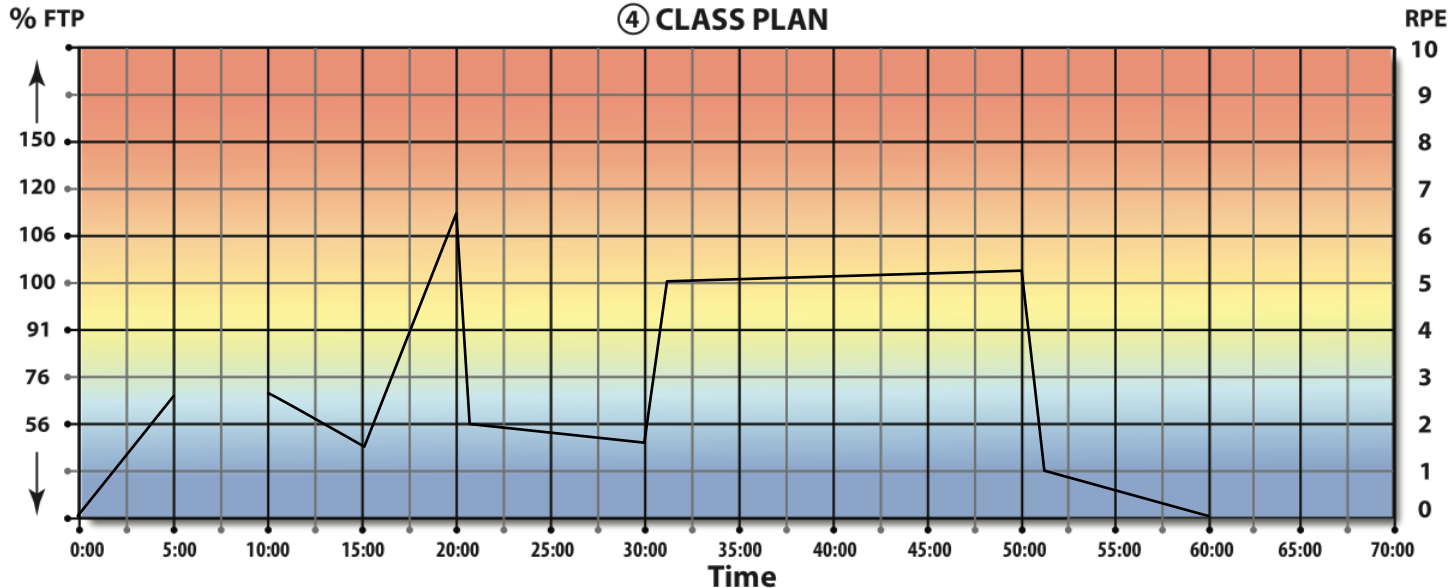
② **Goal:** FTP group testing: To identify FTP/FTHR and the relationship between the two.

③ **Ride Name:** FTP: Benchmark
Ride Time: 60 min

⑦ **Playlist:** Cycling 131: FTP
Practice: 3/1/11

① **The 7 Stages™ of Training**

- Neuromuscular Power
- Anaerobic Capacity
- VO2 max
- Lactate Threshold
- Tempo
- Endurance
- Active Recovery



| | | ⑤ DETAILS | | | |
|--|------|------------------|---|---------------|--|
| STAGE | TIME | | RPE | % FTHR | |
| | 1 | 0:00:00-0:05:00 | Initial warm-up: quick overview of things to come, state the goal and identify high points | 2-3 70 | |
| | 2 | 0:00:00-0:05:00 | Fast pedaling pick-ups (<105RPM): (60sec work x 60sec recovery) x 3. Skip the last recovery | N/A N/A | |
| | 3 | 0:00:00-0:05:00 | Active Recovery: observe data and soft pedal. Posture breaks when necessary. Prep for Max! | <2 <70 | |
| ⑥ HP <small>(High Points)</small> | 4 | 0:00:00-0:05:00 | Your Max 5-minute effort! In and out of the saddle as needed. Watch your average wattage. | MAX >106 | |
| | 5 | 0:00:00-0:10:00 | Active Recovery: soft-pedal, discuss the upcoming 20 minutes... | <2 <70 | |
| | 6 | 0:00:00-0:02:00 | Ramping up efforts: 1) Establish comfortable RPM 2) Dial in to resistance | MAX 99-105 | |
| | 7 | 0:00:00-0:18:00 | SEATED TEST STARTS NOW: Spend the first 8 minutes finding your sweet spot Minutes 8-10, lock into your strategy: Guid the class through small RPM pushes Final 2 minutes: Cues: 1) Breathe 2) All or nothing. This is a real sprint! Watch avg watts! | | |
| | 8 | 0:00:00-0:10:00 | Remember your avg watts and avg HR from ST7. Cool-down celebration and stretch! | <2 <70 | |
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