



Conducting Your Field Test

Before you head out all eager and motivated to conduct your test, there are a few things you need to ensure prior to clipping in. The first is pre-test preparation, which will assist in achieving both a personal best and valid, results.

Before the test

Make sure you are well rested. This means NO other riding on the day of the test and only an easy spin of no more than 90 minutes the day before.

Set up a lap page on your device (Garmin or similar). This means that you will be able to monitor your efforts as you go, should you wish to.



Where to test

You have three options:

- An indoor trainer with reasonable road feel.
- A flat stretch of road where traffic is minimal and chances of your efforts (the longest will be 5 minutes) being interrupted are slim.
- A climb of low and consistent gradient (less than 7%) that takes longer than 15 minutes to complete. This is important because the rest between the 5-minute MAP efforts is short and you will NOT have time to ride down a 5-minute hill in between efforts.

The Warm Up

You will need to warm up thoroughly using the following sequence:

1. Ride easy for 10-15 minutes. This should be very easy, a 3/10 on the intensity scale or 40% of your predicted (or recorded) FTP. This could be your easy ride out to the test location
2. Ride 5 minutes @ 5/10 or 60% of FTP
3. Ride 2 minutes VERY easy
4. Ride 3min at 7/10 or at 80% of FTP.
5. Ride 3min VERY easy
6. Ride 3min at 7/10 or at 80% of FTP.
7. Ride 3min VERY

You are NOW ready to start the test, immediately after step 7 of the warm up.

TIP: Use one of the top tube cheat sheets, downloadable from the resources page on the Bikelab Inc Website

NOTE: When conducting your test, you *MUST* remember to hit the *LAP BUTTON* on your device at the beginning and end of EVERY effort (three x 5min MAP efforts and three x 30sec MAXIMAL anaerobic efforts). If you do not do this, you will need to repeat the test.

The Tests

Aerobic Tests (MAP or Maximal Aerobic Power)

- Hit the lap button to start
- Ride for 5min with the intention of covering as much ground as you can. This **must** be a maximal effort for 5 minutes, ride it like a short 5-minute time trial. Hit the lap button at the end.
- Ride VERY easy for 3 minutes, DO NOT cut this rest short or lengthen it.
- Hit the lap button and start the second effort.
- This is exactly the same as effort one, ride as hard as you can for 5 minutes, then hit the lap button.
- Ride VERY easy for another 3 minutes.
- Hit the lap button and begin your final MAXIMAL 5minute effort, hit the lap button when you finish.

That completes the first part of the testing process, you have now completed **three x 5 minute maximal time trial efforts**, with a 3minute break between each.

You will now pedal VERY easy for 10 minutes before starting part two of the testing process.

Anaerobic Tests (Anaerobic Efficiency)

These trials will start immediately AFTER the 10 minute easy spin, that you conducted at the completion of the 3rd 5 minute trial.

- Hit the lap button and perform an ABSOLUTELY MAXIMAL 30sec effort, hit the lap button at the end.
- Ride VERY EASY for 1:30. So the full cycle of effort / recovery is 2 minutes.
- Hit the lap button and REPEAT the MAXIMAL 30sec effort, hit lap at the end.
- Ride VERY EASY for 1min 30sec
- Hit the lap button and REPEAT the MAXIMAL 30sec effort, hit lap at the end.
- You will now have completed the THREE MAXIMAL 30sec sprint efforts.
- This concludes the test

NOTE: You MUST hit the lap button at the START and END of each 30sec effort. If you do not do this, you will need to repeat the ENTIRE test process (not just the 30sec efforts).

Please ensure that you have a solid 15-20 minute warm down after your test is complete.

Entering the data in Bikelab Inc

Once you have uploaded your ride (Garmin Connect, Wahoo Elemnt App, Training Peaks), you will be able to view your laps or “splits” data. You will need to record:

- The lap average power for each 5 minute Maximum Aerobic Power effort
- The Maximum Heart Rate for each 5 minute Maximum Aerobic Power effort
- The lap average power for each of the three 30sec MAXIMAL efforts (you do NOT need Heart Rate for these)
- This data will be entered directly into the system and Bikelab Inc will do the rest.

NOTE: Your numbers MUST be entered into the Bikelab Test Page in the same sequence as they were performed; 1 through 3 for the Aerobic Power tests and 1 through 3 for the 30sec (Anaerobic) tests. So please ensure you record them in this way, or enter them directly from your device, into the Bikelab system



You are now ready to log in and complete the data entry of your test numbers. Bikelab will then analyse the information, produce your test report and build your fully customised training plan.

Thanks for using Bikelab Inc and welcome to the new world, where science powers your performance