



Cheat Sheet

Warm-up	
Time	Intensity
5 min easy	5/10 or 60% FTP
2 min	VERY Easy
3 min	7/10 or 80% FTP
3 min	VERY Easy
3 min	8/10 or FTP
3 min	Very easy

Start the Test.

M A P	
Time	Intensity
5 min	Max effort.
3 min	Very easy
Complete 3 x 5min efforts	
Pedal easy 10min. Start Anaerobic Test	
Anaerobic Test	
Time	Intensity
30sec	MAX Effort
1:30	Very easy
Repeat until you have completed 3 x 30 second efforts.	

Cut around the border and attach to top tube



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