

## Cycling Ireland ADP Endurance Testing Protocol

Before testing, look over your recent (3-6months) figures to give you an idea of what target powers you should be aiming for. If you are not familiar with your Power or are not sure what to aim for, don't worry, the priority is that you conduct the efforts to absolute maximum intensity. This protocol is designed to look at your sprint ability as well as short effort potential and longer duration fitness markers. Follow the protocol below and ensure to save your file afterwards.

### Data Recording

Ensure your power device and smart trainers are suitability zeroed before starting

Have the following with you and ready:

1. Record the full test as one file including rest
2. Lap separate efforts
3. Have a towel, drink and an energy snack with you

### Warm-Up

Use your usual race type warm up, during this time make sure everything is working and recording correctly

10-15 mins rest after warm-up to get ready

### Test Profile

#### 1. 1x6s sprint

Aim for a gear where you can accelerate to 130rpm over the duration of the sprint

Roll into the sprint at approx. 70rpm

Stay seated throughout

Accelerate as hard and as fast as you can

#### 3min recovery

#### 2. 1x6s sprint repeated

Directions as above

## 5min recovery

### 3. 3min effort

Aiming for best average power, keep consistent, don't start low and increase at the end

Minimise gear changes during the effort

Stay seated and ideally on drops

Accelerate up to your target power and cadence then start the lap

Think "Can I hold this or go harder?"

**40min rest – 10min spin after effort, have a snack/drink, rest. Pedal again for 10-12min before starting the next effort**

### 4. 12min effort

Looking for best average power in chosen gear

Build up to the power and then start the lap

Settle in 1-2 min and decide if you need to adjust power up or down

Think every few mins how its feeling – can you increase? Do you need to decrease?

### Warm-Down

Start your cool-down

Stop and save your file