Cycling Ireland ADP Sprint 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. This protocol is designed to establish your sprint power capacity over ranges relevant to Track Sprint / DH MTB / BMX disciplines. Follow the protocol below and ensure to save your file afterwards.

Data Recording

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

Have the following with you and ready:

1. Record the full test as one file including rest

2. Lap separate efforts (without interrupting delivery of sprint technique)

3. Have a towel, drink and gels 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. **2 x 6s Sprint**
   - From Static
   - Out of Saddle
   - Equivalent Gate start
   - 3min very easy pedal recovery between sprints

   10min Recovery

2. **1x20s sprint**
   - Aim for a gear where you can accelerate to approx. 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
   - No gear change

   15min recovery

3. **1min max**
   Note: Once conducted within parameters below, the delivery of this effort is less strictly prescriptive. This enables the rider micro adjust to maximise individual power delivery technique.
   - From Static
   - Out of Saddle initially 10-20sec
   - Remainder seated
   - Minimise gear changes during the effort

Warm-Down

Start your cool-down

Stop and save your file