FTP Functional Threshold Power

September 2015 Week 1.1

Goal 1:	Find Peak Power for 1, 5 and 20 minutes. (95% of Peak 20 minute power is FTP)
Goal 2:	

		Set Length	60m 0s				
Interval	Interval Length	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Goals/Notes
Warm up	5m 0s	0m 0s	60m 0s	Choice	2	60+	General explanation of tests to come
Warm up	5m 0s	5m 0s	55m 0s	Choice	3	60+	Add some intensity
Recovery	1m 0s	10m 0s	50m 0s	Choice	1	60+	Recover
1 min Interval	1m 0s	11m 0s	49m 0s	Choice	6	60+	High Intensity
Recovery	1m 0s	12m 0s	48m 0s	Choice	1	60+	Recover
1 min Interval	1m 0s	13m 0s	47m 0s	Choice	8	60+	Higher intensity
Recovery	1m 0s	14m 0s	46m 0s	Choice	1	60+	Recover
1 min Peak Test	1m 0s	15m 0s	45m 0s	Choice	10	60+	Best possible 1 min. Take note of 1 min ave.
Recovery	3m 0s	16m 0s	44m 0s	Choice	4	60+	Recover
5 min Peak Test	5m 0s	19m 0s	41m 0s	Choice	10	60+	Best possible 5 min. Take note of 5 min ave.
Recovery	5m 0s	24m 0s	36m 0s	Seated	1	60+	Recover
20 min FTP Test	20m 0s	29m 0s	31m 0s	Seated	10	60+	Best possible 20 min. Take note of 20 min ave. 95% of this ave. is FTP
Recovery	5m 0s	49m 0s	11m 0s	Choice	1	60+	Recover
Recovery	6m 0s	54m 0s	6m 0s	Choice	1	Off Bike	Mobility
		60m 0s	0m 0s				