

FTP TEST



TWO METHODS FOR TESTING FTP

01

THE HALF MONTY The Sufferfest

The preferred indoor test to be completed on a SMART trainer.

02

20 MIN TEST Outdoors

The preferred outdoor test to be completed in a safe and quiet environment.

THE HALF MONTY

KEY CONSIDERATIONS

- Best suited to a SMART trainer due to the RAMP Component.
- Ensure that you spend 5-10 mins warming up in Zone One/Two before you complete the test.
- The start of the test has a warm up component, so no need to do more than 5-10mins in Zone One/Two.
- Ideally the day before the test, complete a priming workout out, such as the 'Primers' workout in the Sufferfest
- Watch the review and overview here: <https://youtu.be/ab6sk5jygtS>

20 MIN TEST OUTSIDE

KEY CONSIDERATIONS

- Ideally the day before the test, complete a priming workout out, tapping into your upper end zones, without fatiguing yourself.
- For the test it's important that you are warm and also have completed a 5 min MAX effort before the 20 mins starts. By completing a 5 min effort before the 20 minute component you are said to get a better representation of your FTP.
- It's critical you do this test in a quiet environment and each time you do it, the outdoor conditions are similar. Temperature, winds, etc
- Ideally you complete the test on a false flat area, 1-2% gradient.

20 MIN TEST OUTSIDE

FORMAT

- Warm up in Zone One/Two for 20-30 mins.
- 3 x 1 minute ramping efforts, ramping from top end Zone Three to Top end Zone Four within the minute. Take a minute easy either side.
- 1 x 1 minute Zone 5 effort.
- 5 mins back in Zone One/Two.
- 5 mins all out effort, targeting your Zone 5.
- 10 mins back in Zones One/Two.
- 20 mins all out effort. REMEMBER - don't start too hard. Finish hard!
- Take your average power across the 20 mins and X it .95% = Your FTP!

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