

## Bike Graded Exercise Test on Indoor Trainer

### Field Test Protocol

You will need an assistant to help record the data.

1. Warm up thoroughly before beginning the test.
2. Begin riding at a very slow speed, e.g. 13-15 mph.
3. Increase the speed by 1 mph every minute.
4. At the end of every minute, your assistant records:
  - a. heart rate
  - b. rating of perceived exertion
  - c. speed
5. Continue to increase the speed by 1 mph every minute until you can no longer continue.
6. Your assistant also needs to listen for your ventilatory threshold, i.e. the point at which your breathing becomes labored, and record when this occurs.
7. When you can no longer match the increasing intensity, slow down to a cool down speed.

#### Borg Rating of Perceived Exertion Scale

6	No exertion at all
7	Very, very light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	

LT generally occurs in the range of 15-17 for the fit athlete



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**Athlete:**

**Date:**

*\* Note ventilatory threshold (VT) next to the minute at which it occurs.*

Minute	Speed (MPH)	Heart Rate (BPM)	Exertion (RPE)
1.			
2.			
3.			
4.			
5.			
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30.			

**Comments:**



RUNNING - CYCLING - SWIMMING - TRIATHLON

**ALP FITNESS**  
*Multisport Endurance Training*