

Bike Graded Exercise Test on Road

Field Test Protocol

This test can be done solo with an adequate heart rate monitor/stopwatch that records lap splits. You will need a fairly flat circuit about a half mile long without obstacles (e.g. traffic, stop signs or parked cars). Only perform this test on a safe course!

1. Warm up thoroughly before beginning the test.
2. Begin riding at a very slow speed, e.g. 13-15 mph.
3. At the end of every circuit, hit the lap button on your stopwatch and note your split time.
4. Increase your speed by 1 mph for the next lap.
5. Continue to increase your speed by 1 mph every lap until you can no longer continue. This may take 8-12 laps of the half mile course, or about 4-6 miles.
6. Note when your ventilatory threshold occurs, i.e. the point at which your breathing becomes labored. Hit your lap button on your stopwatch when this occurs or write this down after finishing the test.
7. Cool down when finished.
8. Retrieve the data from your monitor and record in the chart.

* Important: In order to gather the necessary data, your watch/heart rate monitor needs to be able to record the split time and heart rate every lap. An assistant can also help you record these numbers.



Bike Graded Exercise Test on Road

Athlete:

Date:

** Note ventilatory threshold (VT) where it occurs.*

Lap	Speed (mph)	Heart Rate (BPM)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.		
30.		

Comments:



RUNNING - CYCLING - SWIMMING - TRIATHLON

ALP FITNESS
Multisport Endurance Training