

Test Day 1: Vo2 Max Step Test Protocol =====**ENDURANCE**=====

The objective of this step test is to evaluate your aerobic capacity and identify the maximum wattage you can sustain. It's important to go all out and push yourself to the limit until you can no longer maintain your previous set cadence.

Warm-Up:

- 10 minutes of easy pedaling (50-60% of your expected maximum power).
- 5 minutes of moderate pedaling (60-70% of your expected maximum power).
- 3 minutes of high-intensity bursts (80-90% of your expected maximum power),
- followed by a rest period.

In the prepared Garmin & Zwift files you will see a warmup ramp.

Step Test:

Starting Wattage: 100 watts

Increment: 25 watts

Duration of Each Step: 30 seconds

Procedure:

- Start the test at 100 watts.
- Increase the wattage by 25 watts every 30 seconds.
- Continue this pattern until you can no longer maintain your previous set cadence.
- Attempt to reach your limit; do not hold back.

What We Need:

The wattage of the last 30-second interval where you were still able to keep up your previous set cadence. Once your cadence drops significantly you are above your capacity.

Write down the watts and your weight

Tips:

- Keep a consistent cadence.
- Stay focused and motivated.
- Remember to breathe and maintain proper form (Doesn't need to be in aero position)