

## Test Day 2: VlaMax Test Protocol

Prerequisites:

**Standardized Training Process:** The training process should be standardized before each diagnostic (weekly structure), avoiding significant reduction of training load beforehand while ensuring proper recovery.

**Carbohydrate Storage:** Carbohydrate stores should be sufficiently filled; a multi-day carb-loading phase is not necessary.

**Calibrated Equipment:** All tests should be conducted using a calibrated power meter or smart trainer, and heart rate monitoring.

**Warm-Up:**

**Duration:** 15-20 minutes

**Ramp-Up:** Gradually increase intensity.

**Activations:** Two sprints of 6 seconds each, with a 3-minute pause in between

**Final 5 minutes:** Low-intensity exercise

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

**b. Time-Trials:**

- **Objective:** Achieve a consistent "best average" performance
- **Time-Trial 1 (TT1):** 3 minutes
- **Rest between TTs:** 15-20 minutes of low-intensity exercise (short passive rest is also allowed)
- **Time-Trial 2 (TT2):** 6 minutes

**c. post-Exercise:**

**Cool Down:** At least 30 minutes of low-intensity pedaling.

Important Notes:

- Ensure proper hydration and nutrition leading up to the test.
- Monitor and adhere to your pacing strategy during the time-trials.
- Communicate with your coach regarding any specific instructions or goals.

**Write down the watts for the sprint, 3min and 6min**