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Good Evening Team,

Today I want to briefly talk about a concept in Power Zone Training called “power-to-weight ratio”. It is a measurement of how strong you are relative to your body weight. Focusing on improving your power-to-weight ratio is an exciting and meaningful way of measuring changes in your fitness.

Power-to-weight ratio is simply your average power over a given amount of time (say 1 hour like our FTP test estimates) divided by how much you weigh. The standard way of calculating this for Peloton’s current Power Zone Training program is as follows:

Take your FTP and divide it by how much you weigh in kilograms (remember that your FTP is your 20 min average output from your most recent FTP test minus 5%). For me, I weigh 65.771kgs (145lbs) and my FTP is 254.6 watts. Therefore my power to weight ratio is 3.87 w/kgs.

Focusing on improving your fitness via increasing your power-to-weight ratio is exciting and meaningful for a few reasons:

- 1) You see real changes fast! As you can increase your ratio by improving your FTP and/or losing weight, after 2-3 weeks of consistent training, riders usually see an improvement in their ratio.
- 2) It is a safe and an effective. For example, say someone decides to drop too much weight. As a result, they will start to lose strength, and thus their power-to-weight ratio will suffer. Also, you can improve your fitness with or without losing weight.
- 3) For all my outdoor cyclists, power-to-weight ratio serves as the great equalizer...because the heavier you are, the more power it takes to move your body, especially up a hill or into wind (this is why we all pay extra money for those light bikes ☐). Therefore an improvement in your ratio typically results in faster speeds outside ☐

That said, I hope you find this Power Zone Training tip helpful and will consider focusing on measuring and improving your power-to-weight ratio in the future.

Have a great week and remember to train hard, train smart, and have fun!!!

Photo by [Daniel Paik](#)

