Matt Wilpers - Peloton
October 28 at 7:41 PM ·

Good Evening Team,

This week you can train like an athlete and have fun at the same time with three new Power Zone rides coming your way:

Monday: 11:30am 30 Min Power Zone Endurance Ride
Thursday: 6am 45 Min Power Zone Ride
Saturday: 12:45pm 60 Min Power Zone Endurance Ride

Also, for this last week in October, I wanted to provide one more little nugget of information related to Power Zone Training 😊

A couple weeks ago I posted about calculating your power-to-weight ratio, how to do it, and why it's important to monitor. In that post, we only talked about your power-to-weight ratio relative to your functional threshold power (or FTP), what we didn't talk about was calculating this relative to other performance benchmarks.

In cycling, the key performance attributes to monitor include neuromuscular power, anaerobic capacity, VO2 Max, and FTP (or lactate threshold). Each of these attributes is more or less important depending on the rider's goals. We normally just talk about FTP, because that's the number we use to calculate our output zones. Below is how you estimate your performance on each:

- Neuromuscular Power: Maximum avg output you could sustain for 5 seconds.

- Anaerobic Capacity: Maximum avg output you could sustain for 1 min.

- VO2 Max: Maximum avg output you could sustain for 5 min.

- FTP (or lactate threshold): Take the 10 Minute FTP warm-up ride followed by the 20 Minute FTP Test Ride On Demand. FTP estimates the maximum amount of power you could average for 1 hour. Remember FTP is 95% of your 20 min maximum avg output.

Once you have these numbers, divide them by how much you weigh (in kg) and start to monitor fluctuations. Typically an increase in one's power-to-weight ratio is considered a performance improvement. Also, having these additional benchmarks to monitor will help you see where you are improving.

Lastly, below is a chart to help you figure out what your strengths and weaknesses are relative to these attributes. The higher you are in any individual column, the stronger you are in that specific performance attribute. Once you have identified where your numbers fall across all 4 columns, reading right to left, you should notice a pattern. Three typical patterns that explain what kind of cyclist your currently are include the following: (Note: No pattern is better or worse than the other as it all depends on what your goals are)

1) Horizontal - You are currently an "all rounder"...Competitive across all categories but do not excel at any one.

2) Downward Sloping - You are currently a "sprinter"...You are very powerful over short distances and not as strong aerobically over longer distances.

3) Upward Sloping - You are a "time-trialist"...You are really strong over longer distances but lack strength when it comes to sprinting.

Lastly, I hope you have enjoyed these Power Zone Tips during the month of October. I will be posting some more general training tips during the month of November!

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

Men				Women			
5 s	1 min	5 min	FT	5 s	1 min	5 min	FT
24.04	11.50	7.60	6.40	19.42	9.29	6.61	5.69
23.77	11.39	7.50	6.31	19.20	9.20	6.52	5.61
23.50	11.27	7.39	6.22	18.99	9.11	6.42	5.53
23.22	11.16	7.29	6.13	18.77	9.02	6.33	5.44
22.95	11.04	7.19	6.04	18.56	8.93	6.24	5.36
22.68	10.93	7.08	5.96	18.34	8.84	6.15	5.28
22.41	10.81	6.98	5.87	18.13	8.75	6.05	5.20
22.14	10.70	6.88	5.78	17.91	8.66	5.96	5.12
21.86	10.58	6.77	5.69	17.70	8.56	5.87	5.03
21.59	10.47	6.67	5.60	17.48	8.47	5.78	4.95
21.32	10.35	6.57	5.51	17.26	8.38	5.68	4.87
21.05	10.24	6.46	5.42	17.05	8.29	5.59	4.79
20.78	10.12	6.36	5.33	16.83	8.20	5.50	4.70
20.51	10.01	6.26	5.24	16.62	8.11	5.41	4.62
20.23	9.89	6.15	5.15	16.40	8.02	5.31	4.54
19.96	9.78	6.05	5.07	16.19	7.93	5.22	4.46
19.69	9.66	5.95	4.98	15.97	7.84	5.13	4.38
19.42	9.55	5.84	4.89	15.76	7.75	5.04	4.29
19.15	9.43	5.74	4.80	15.54	7.66	4.94	4.21
18.87	9.32	5.64	4.71	15.32	7.57	4.85	4.13
18.60	9.20	5.53	4.62	15.11	7.48	4.76	4.05
18.33	9.09	5.43	4.53	14.89	7.39	4.67	3.97
18.06	8.97	5.33	4.44	14.68	7.30	4.57	3.88
17.79	8.86	5.22	4.35	14.46	7.21	4.48	3.80
17.51	8.74	5.12	4.27	14.25	7.11	4.39	3.72
17.24	8.63	5.01	4.18	14.03	7.02	4.30	3.64
16.97	8.51	4.91	4.09	13.82	6.93	4.20	3.55
16.70	8.40	4.81	4.00	13.60	6.84	4.11	3.47
16.43	8.28	4.70	3.91	13.39	6.75	4.02	3.39
16.15	8.17	4.60	3.82	13.17	6.66	3.93	3.31
15.88	8.05	4.50	3.73	12.95	6.57	3.83	3.23
15.61	7.94	4.39	3.64	12.74	6.48	3.74	3.14
15.34	7.82	4.29	3.55	12.52	6.39	3.65	3.06
15.07	7.71	4.19	3.47	12.31	6.30	3.56	2.98
14.79	7.59	4.08	3.38	12.09	6.21	3.46	2.90
14.52	7.48	3.98	3.29	11.88	6.12	3.37	2.82
14.25	7.36	3.88	3.20	11.66	6.03	3.28	2.73
13.98	7.25	3.77	3.11	11.45	5.94	3.19	2.65
13.71	7.13	3.67	3.02	11.23	5.85	3.09	2.57
13.44	7.02	3.57	2.93	11.01	5.76	3.00	2.49
13.16	6.90	3.46	2.84	10.80	5.66	2.91	2.40
12.89	6.79	3.36	2.75	10.58	5.57	2.82	2.32
12.62	6.67	3.26	2.66	10.37	5.48	2.72	2.24
12.35	6.56	3.15	2.58	10.15	5.39	2.63	2.16
12.08	6.44	3.05	2.49	9.94	5.30	2.54	2.08
11.80	6.33	2.95	2.40	9.72	5.21	2.45	1.99
11.53	6.21	2.84	2.31	9.51	5.12	2.35	1.91
11.26	6.10	2.74	2.22	9.29	5.03	2.26	1.83
10.99	5.99	2.64	2.13	9.07	4.94	2.17	1.75
10.72	5.87	2.53	2.04	8.86	4.85	2.07	1.67
10.44	5.76	2.43	1.95	8.64	4.76	1.98	1.58
10.17	5.64	2.33	1.86	8.43	4.67	1.89	1.50
9.90	5.53	2.22	1.78	8.21	4.58	1.80	1.42
9.63	5.41	2.12	1.69	8.00	4.49	1.70	1.34
9.36	5.30	2.02	1.60	7.78	4.40	1.61	1.26
9.08	5.18	1.91	1.51	7.57	4.30	1.52	1.17
8.81	5.07	1.81	1.42	7.35	4.21	1.43	1.09
8.54	4.95	1.71	1.33	7.13	4.12	1.33	1.01
8.27	4.84	1.60	1.24	6.92	4.03	1.24	0.93
8.00	4.72	1.50	1.15	6.70	3.94	1.15	0.84
7.73	4.61	1.40	1.06	6.49	3.85	1.06	0.76
7.45	4.49	1.29	0.97	6.27	3.76	0.96	0.68
7.18	4.38	1.19	0.89	6.06	3.67	0.87	0.60
6.91	4.26	1.09	0.80	5.84	3.58	0.78	0.52
6.64	4.15	0.98	0.71	5.63	3.49	0.69	0.43
6.37	4.03	0.88	0.62	5.41	3.40	0.59	0.35
6.09	3.92	0.78	0.53	5.19	3.31	0.50	0.27
5.82	3.80	0.67	0.44	4.98	3.22	0.41	0.19
5.55	3.69	0.57	0.35	4.76	3.13	0.32	0.11