

COACH JOE BEER MAX TEST

1. Ensure new batteries in the HR chest strap. 2. Ensure you calibrate the Power System before starting the test. 3. have your helper say the time and effort and repeat at 30 secs "okay it's 260 watts now we're 8 minutes in" 4. Send me data to jbst.com@mac.com for a zones report. Non clients e-mail for prices.

Name/Mass:
Date/Time:

Power system/Bike used:
Name of helper:

Time @	Wattage	Tick when started	NOTES
start	100		
1	120		HRmax =
2	140		
3	160		Z3 = >0.87 to max
4	180		
5	200		Z2 = 0.81 to 0.87
6	220		
7	240		Z1 = 0.55 to 0.8
8	260		
9	280		SPRINT/10TT
10	300		STANDARD/25TT
11	320		HALF/50TT
12	340		FULL/100TT-12h
13	360		
14	380		PPO (1-minute power)=
15	400		
16	420		SPRINT/10TT
17	440		STANDARD/25TT
18	460		HALF/50TT
19	480		FULL/100TT-12h
20	500		
21	520		