




## Astrandtest

### What do you need?

A Tacx ergotrainer or Catalyst Training Software. (If you use the Tacx Basic, a heart-rate monitor) and a friend who assist you and records the information.

### What to do?

- Two days prior the test no racing and no hard work-outs
- Do not eat two hours prior to the test and do not drink caffeine
- If repeating the test, keep circumstances the same (time, bike, tire pressure, etc.)
- Try to get cadence on 80 rpm for the entire test
- Try to maintain a constant speed

The test is available in three levels:

### ASTRANDTEST

for well trained cyclists

- Start with a warming-up of 5 minutes with low power (50 watt and 80 rpm).
- Increase the power. Choose your power (men: 200-225 watt; women: 150-175 watt) and ride 6 minutes on this power. **Attention:** the cadence and speed have to be the same during the entire test. Record heartrate at the end of every minute. Calculate the average of the last 15 seconds of every minute.
- Do a cooldown after 6 minutes and keep riding a few minutes on low power.
- Calculate the average heart rate of minute 5 and 6 after the test.
- Fill in the results on the entry form and your VO2max will be calculated automatically.

### ASTRANDTEST

for trained cyclists

- Start with a warming-up of 5 minutes with low power (50 watt and 80 rpm).
- Increase the power. Choose your power (men: 125-175 watt; women: 125-150 watt) and ride 6 minutes on this power. **Attention:** the cadence and speed have to be the same during the entire test. Record heartrate at the end of every minute. Calculate the average of the last 15 seconds of every minute.
- Do a cooldown after 6 minutes and keep riding a few minutes on low power.
- Calculate the average heart rate of minute 5 and 6 after the test.
- Fill in the results on the entry form and your VO2max will be calculated automatically.

### ASTRANDTEST

for untrained cyclists

- Start with a warming-up of 5 minutes with low power (50 watt and 80 rpm).
- Increase the power. Choose your power (men: 100-125 watt; women: 75-100 watt) and ride 6 minutes on this power. **Attention:** the cadence and speed have to be the same during the entire test. Record heartrate at the end of every minute. Calculate the average of the last 15 seconds of every minute.
- Do a cooldown after 6 minutes and keep riding a few minutes on low power.
- Calculate the average heart rate of minute 5 and 6 after the test.
- Fill in the results on the entry form and your VO2max will be calculated automatically.