Power CTW

I've Got The Power!

Power : Cadence				Power : Time				Power : Weight (Pounds)			
DATE:				DATE:				DATE:			
RPM	1	2	3	TIME	1	2	3	WEIGHT / WATTS	1	2	3
60				:30				< .5 x = VERY EASY			
70				1:00				.5 x = EASY			
80				2:00				1 x = MODEATE			
90				5:00				1.5 x = HARD			
100				10:00				2 x = VERY HARD			
110				20:00				NOTE: Explosive efforts and Sprints can generate more than 4 times a rider's body weight in watts.			

Power : Cadence
Record the maximum amount of watts, averaged over a 2 to 4 minute interval, for each cadence: 60, 70, 80, 90, 100, and 110.

Power : Time
Record the maximum amount of watts, averaged over each of the following durations: 0:30, 1:00, 2:00, 5:00, 10:00, and 20:00.

Power : Weight
Record 5 zones of intensity. Start by multiplying your body weight in pounds x .5, 1, 1.5, and 2 to determine the values in watts. Adjust the values in watts based on whether the perceived effort is too easy or too hard.

Power : Cadence				Power : Time				Power : Weight (Kilograms)			
DATE:				DATE:				DATE:			
RPM	1	2	3	TIME	1	2	3	WEIGHT / WATTS	1	2	3
60				:30				< 1 x = VERY EASY			
70				1:00				1 x = EASY			
80				2:00				2 x = MODEATE			
90				5:00				3 x = HARD			
100				10:00				4 x = VERY HARD			
110				20:00							

NOTE: Explosive efforts and Sprints can generate more than 10 times a rider's body weight in watts.

Power : Cadence
Record the maximum amount of watts, averaged over a 2 to 4 minute interval, for each cadence: 60, 70, 80, 90, 100, and 110.

Power : Time
Record the maximum amount of watts, averaged over each of the following durations: 0:30, 1:00, 2:00, 5:00, 10:00, and 20:00.

Power : Weight
Record 5 zones of intensity. Start by multiplying your body weight in kilograms x 1, 2, 3, and 4 to determine the values in watts. Adjust the values in watts based on whether the perceived effort is too easy or too hard.