

# 30'' Sprint Test

This test assumes a high level of basic fitness and you are in the low risk category for cardio vascular events. Consult your Doctor before you commence any of the Wattbike tests or training plans. A pre participation health screen should be completed before you take part in exercise or an exercise program. This Wattbike test is not suitable if you are beginner, have been recently ill or injured. Exercise prescription for minors should only be carried out under supervision of a qualified scientist. Any self exercise prescription participation is done at your own risk.

*Derived from the ACSM's exercise/ test participation recommendations*

# Air Resistance & Cadence Recommendations for the 30” Test

The air resistance setting used is a matter of judgment to get the best possible performance from the rider using a combination of the resistance and cadence. However suggested settings are shown below. We have seen acceptable results from all resistance settings and with a wide range of cadence.

*NOTE: Any combination of air resistance and cadence is acceptable.*

## Wattbike Pro

Male			Female		
Weight (kg)	Air Setting	Magnet Setting	Weight (kg)	Air Setting	Magnet Setting
<50	1	1	<45	1	1
51-55	2	1	46-50	1	1
56-60	2	1	51-55	2	1
61-65	3	1	56-60	2	1
66-70	3	1	61-65	2	1
71-75	4	1	66-70	2	1
76-80	4	1	71-75	3	1
81-85	4	1	76-80	3	1
86-90	5	1	81-85	3	1
91-95	5	1	86-90	4	1
96-100	6	1	91-95	4	1
101-105	6	1	96-100	5	1
106-110	7	1	101-105	5	1
111-115	7	1	106-110	5	1
116-120	8	1	111-115	5	1
121-125	8	1	116-120	6	1
126-130	9	1	121-125	6	1
131-135	9	1	126-130	7	1
136-140	10	1	131-135	7	1
141-145	10	1	136-140	8	1
146-150	10	5	141-145	8	1

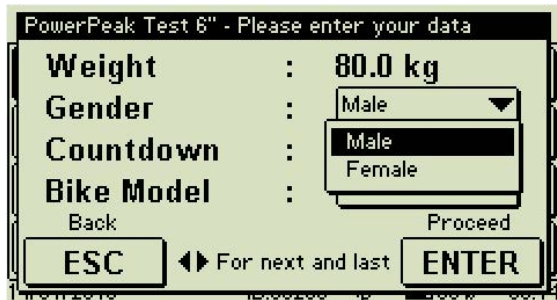
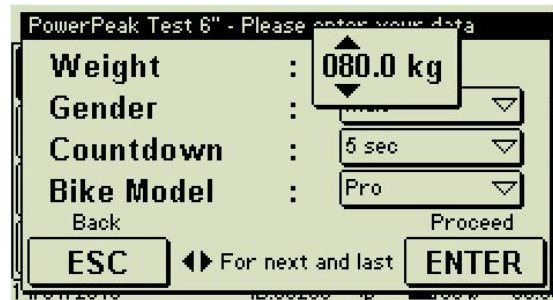
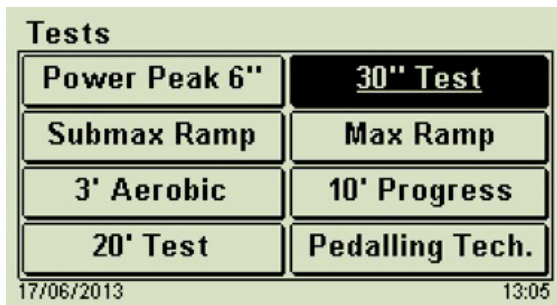
## Wattbike Trainer

Male			Female		
Weight (kg)	Air Setting	Magnet Setting	Weight (kg) for monitor	Air Setting	Magnet Setting
<50	4	1	<45	3	1
51-55	5	1	46-50	4	1
56-60	6	1	51-55	4	1
61-65	7	1	56-60	4	1
66-70	8	1	61-65	5	1
71-75	9	1	66-70	6	1
76-80	10	1	71-75	7	1
81-85	10	4	76-80	8	1
86-90	10	5	81-85	9	1
91-95	10	5	86-90	9	1
96-100	7	6	91-95	9	1
101-105	6	6	96-100	10	4
106-110	8	6	101-105	10	5
111-115	9	6	106-110	10	5
116-120	10	6	111-115	7	6
121-125	4	7	116-120	7	6
126-130	4	7	121-125	7	6
131-135	5	7	126-130	8	6
136-140	6	7	131-135	9	6
141-145	7	7	136-140	10	6
146-150	8	7	141-145	4	7

# Conducting a 30" Test

From the Main menu select workout/Tests and then Tests - the Tests screen appears.

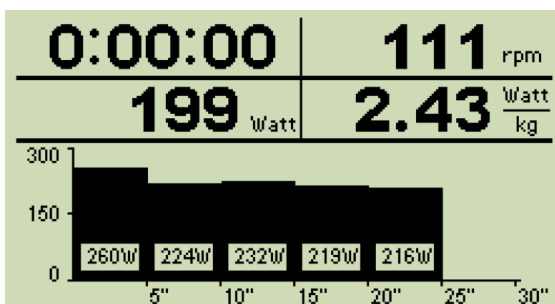
1. Select **30" Test**, enter Weight, Gender, Countdown and bike model (next page).



2. Recommended air/magnet setting (but any setting can be used)



3. Live screen graph - shows every 5 seconds



## Test Tab:

Tests Screen- Displayed after the tests

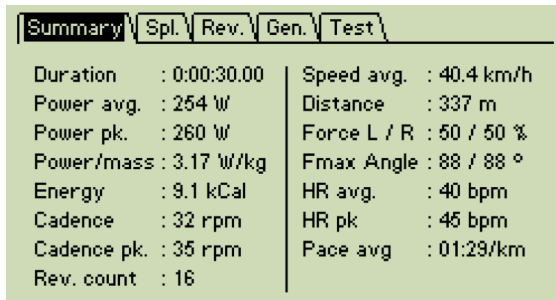
Summary	Splits	Revolutions	General	Test
30" Test : Results				
0-5s avg.	: 284 W	Power 5s Max:	296 W	
6-10s avg.	: 241 W (↓)	5s Max	: 3.69 W/kg	
11-15s avg.	: 296 W (↑)	Power 5s Min	: 241 W	
16-20s avg.	: 245 W	Fatigue factor:	19 %	
21-25s avg.	: 290 W	Power avg.	: 264 W	
26-30s avg.	: 254 W	Power/mass	: 3.29 W/kg	
		Cadence	: 85 rpm	

The **Test tab** screen will automatically display the test result on a test tab showing:

- The average power in 5 second segments
- The highest average 5 seconds
- The lowest average 5 seconds
- A calculated Fatigue factor.
- A graph of the 5 second segments will be appear on the right hand side of the Test screen together with Power/mass, Power pk and Power ave.
- The parameter information will be shown in the normal Summary, Spl, Rev.

There are two other relevant 'Tabs' called Summary and Splits both illustrated below.

1. Summary Screen



2. Splits Screen

