



2018

CURRENT SET FTP: 360 WATTS (30-60 MINUTE BEST POWER ESTIMATION)

BEST 20 MINUTE POWER ESTIMATION: 379 WATTS (360 TEST 4/14)

Coggan Classic Power Levels				
Zone #	Zone Name	Power (Watts)	Time Range (minutes/hours)	% of FTP
1	Aerobic/ Recovery	0-198	24-12 hours	0-56%
2	Base/ Endurance	198-274	12-4 hours	56-76%
3	Tempo	274-324	4 hours- 90:00	76-91%
4	Lactate Threshold	324-379	90:00-20:00	91-106%
5	V02 Max	379-433	20:00-5:00	106-121%
6	Anaerobic Capacity	433+	5:00<	121+%
Max Power		1,500	0:01	417%