

2018

**FTP: 360 WATTS (BEST 30-60 MINUTE POWER)**

**TOP OF THRESHOLD POWER (16:56) POWER ESTIMATION: 379 WATTS**

**Based on Model FTP on WKO4.0+**

<b>Coggan Individual Power Levels</b>				
<b>Zone #</b>	<b>Zone Name</b>	<b>Power (Watts)</b>	<b>Time Range (minutes/ hours)</b>	<b>% of FTP</b>
<b>1</b>	<b>Aerobic/ Recovery</b>	<b>0-201</b>	<b>24-12 hours</b>	<b>0-56%</b>
<b>2</b>	<b>Base/Endurance</b>	<b>201-273</b>	<b>12- 4 hours</b>	<b>56-76%</b>
<b>3</b>	<b>Tempo</b>	<b>273-316</b>	<b>4 hours-90:00</b>	<b>76-88%</b>
<b>3.5 (4a)</b>	<b>Sweet Spot</b>	<b>316-342</b>	<b>90:00-75:00</b>	<b>88-95%</b>
<b>4</b>	<b>Threshold</b>	<b>342-379</b>	<b>75:00-16:56</b>	<b>95-105%</b>
<b>5</b>	<b>FRC/FTP</b>	<b>379-553</b>	<b>16:56-1:30</b>	<b>105-155%</b>
<b>6</b>	<b>FRC</b>	<b>553-864</b>	<b>1:30-0:25</b>	<b>155-241%</b>
<b>6.5 (7a)</b>	<b>Pmax/FRC</b>	<b>864-1,192</b>	<b>0:25-0:08</b>	<b>241-332%</b>
<b>7</b>	<b>Pmax</b>	<b>1,192-1500</b>	<b>0:08-0:01</b>	<b>332- 400%</b>
<b>Max Power</b>		<b>1500</b>	<b>0:01</b>	<b>400%</b>