



2018

FTP: 360 WATTS (30-60 MINUTE BEST MEAN MAX POWER ESTIMATION)

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