1 · POWER

POWER ZONES (FTP)

FTP test – Coggan 5'+20' protocol

1. 15-20' progressive warm-up in Z1-Z2, with 3-4 short accelerations (10-15") at the end.
2. All-out 5-minute effort: it depletes the anaerobic reserves and also gives your maximal aerobic power (useful later to calibrate the VO2max zone).
3. 10' easy active recovery (Z1).
4. All-out 20-minute effort at the highest pace you can sustain steadily (even pacing, not fading).
5. FTP = 95% of your 20-minute average power.
6. Power zones are then calculated as a percentage of the FTP you obtained; repeat the test every 6-8 weeks to update your zones.

Power zones (Coggan 7-zone model + Sweet Spot)

ZONE	NAME	% FTP	USE IN THE PROGRAMME	FEEL / INDICATIVE CADENCE (RPM)
Z1	Active recovery	< 55% FTP	Recovery sessions, warm-up, cool-down	Smooth pedalling, free cadence 85-95 rpm, easy conversation
Z2	Endurance	56-75% FTP	Aerobic base, long rides, most of the December–January volume	Cadence 85-95 rpm, conversational pace, low perceived effort
Z3	Tempo	76-90% FTP	Blocks within long rides from March onwards	Cadence 80-90 rpm, deeper breathing, you speak in short sentences
SS	Sweet Spot	88-94% FTP	Key work from February, bridge between Tempo and Threshold	Cadence 85-95 rpm, sustained but repeatable effort, typically 2-3x12-20'
Z4	Threshold (FTP)	91-105% FTP	Threshold work from March (e.g. 2-3x15-20')	Cadence 80-95 rpm, hard but controlled effort, only a few words
Z5	VO2max	106-120% FTP	Extensive VO2max sessions in May (e.g. 4-5x6-10')	Free cadence 90-105 rpm, very heavy breathing, maximal aerobic effort
Z6	Anaerobic	121-150% FTP	Occasional use for pre-race surges/accelerations	Near-maximal effort, short durations (30"-3')
Z7	Neuromuscular	> 150% FTP	Very short accelerations in race/taper week	Maximal effort, a few seconds, full recovery