

# POWER THRESHOLD TEST

**\$75 members**  
**(\$150 value)**

Schedule an hour with Cycleops™ Power Certified Coach Beth Lamie to have a Power Threshold Test done.

You will learn your Functional Threshold Power, as well as your appropriate power training zones so that you get a customized workout.

Not only will you learn your various zones, you will be given guidelines for training within your various zones.

To schedule a test email Beth at [beth@kingsburyclub.com](mailto:beth@kingsburyclub.com)



ZONE 2  
ENDURANCE 95  
129

ZONE 3  
TEMP

Name	Average Power
Active Recovery	<55%
Endurance	56-75%
Tempo	76-90%
lactate Threshold	91-105%
VO <sub>2</sub> Max	106-120%
Anaerobic Capacity	>121%
neuromuscular	N/A

