

COMPLETE PERFORMANCE ASSESSMENT

CYCLING PERFORMANCE PROFILE

ATHLETE NAME • IDENTIFYING DETAILS REMOVED

FTP 218 W	POWER-TO-WEIGHT 2.7 W/kg
VO₂MAX 54–56 ml/kg/min	HEART RATE DRIFT -0.8%

Performance analysis

Based on your recent testing, including a 20-minute FTP test, ramp VO₂ test, and aerobic durability assessment, we now have a clear picture of your physiological profile as an endurance athlete. These results show a good aerobic ceiling and excellent durability, with the main opportunity sitting in improving how much of that aerobic capacity you can convert into sustained threshold power.

Athlete profile and classification

Your results place you in a profile where aerobic durability is a clear strength, while threshold still has room to move closer to the size of your aerobic ceiling.

REFINED CLASSIFICATION: Developing utilisation profile

This means you have a good aerobic ceiling and very strong steady-state control, but there is still room to improve how much of that available capacity you can sustain at threshold. The next step is translating more of your aerobic fitness into usable race power.

01 / RESULTS

Test data and training zones

ATHLETE INFORMATION

Athlete: Name

Current fitness level: Age Group
Triathlete

Personal details:

RAMP TEST RESULTS	FTP TEST DATA RECORD	AEROBIC TEST RESULTS
VO ₂ Max Power: 322 W	Average Power: 228 W Normalised Power: 229 W FTP Result: 218 W W/kg: 2.7 Average Heart Rate: 154 bpm Max Heart Rate: 170 bpm Cadence Avg / Max: 95 / 110	Aerobic Watts: 149 W Lowest Heart Rate: 125 bpm Average Heart Rate: 127 bpm Highest Heart Rate: 134 bpm Heart Rate Drift: -0.8% Athlete Classification: Developing utilisation profile

Training zones (CTS)

ZONE	POWER (W)	HEART RATE (BPM)
RECOVERY	0-121	0-123
ENDURANCE	122-165	124-137
TEMPO	166-198	138-143
THRESHOLD (FTP)	199-230	144-157
VO ₂ MAX	231-263	158-163
ANAEROBIC CAPACITY	264+	164+

02 / METRICS

Understanding your profile

VO₂MAX 54–56 ml/kg/min WHAT IS IT - The maximum oxygen uptake the athlete can use per minute, indicating the upper ceiling of aerobic performance. USE - Predicts endurance ability, long-distance pacing, and training capacity. IN SIMPLE TERMS - This shows how big your aerobic engine is.	FRACTIONAL UTILISATION 67–68% WHAT IS IT - The percentage of VO₂max power the athlete can sustain at FTP. USE - Indicates durability; the higher the percentage, the better the athlete is at long-course efforts. IN SIMPLE TERMS - This shows how much of your aerobic engine you can use in races.
CYCLING ECONOMY 80–82 W per litre O₂ WHAT IS IT - How many watts the athlete produces per litre of oxygen. USE - Helps identify efficiency, high economy means less wasted energy. IN SIMPLE TERMS - This shows how efficiently you turn oxygen into speed.	AEROBIC EFFICIENCY FACTOR 1.42 W/bpm WHAT IS IT - Power produced per heartbeat. USE - Tracks aerobic development over time and identifies overtraining. IN SIMPLE TERMS - This shows how much power you get from each heartbeat.

02 / METRICS CONTINUED

Threshold and benchmarking markers

FUNCTIONAL INTENSITY SCORE 1.05 WHAT IT IS - A ratio showing if the test was truly maximal. USE - Confirms accuracy of FTP measurement. IN SIMPLE TERMS - This shows the effort was controlled but not fully maximal.	LACTATE THRESHOLD HEART RATE 149 bpm WHAT IT IS - The HR where lactate begins to accumulate faster than it clears. USE - Establishes training zones for threshold sessions. IN SIMPLE TERMS - This is the heart rate you can hold for about an hour.
VENTILATORY THRESHOLD 1 120–131 W / 124–131 bpm WHAT IT IS - The intensity separating easy aerobic work from moderate intensity. USE - Essential for Zone 2 endurance training. IN SIMPLE TERMS - This is your efficient fat-burning training zone.	AGE-GROUP PERCENTILE 45–55th percentile WHAT IT IS - Comparison of W/kg to population norms. USE - Benchmarks competition level and identifies gaps. IN SIMPLE TERMS - This shows where you rank against other men your age.

FRESH-STATE FTP ESTIMATE 220–224 W WHAT IT IS - Adjusted FTP accounting for submaximal cardiovascular strain during testing. USE - More accurate for long-term planning and race predictions. IN SIMPLE TERMS - This predicts what your FTP would be if the test had been fully maximal.

03 / BENCHMARKING

Age-group comparison

35–39 Male • This compares the athlete against average and elite men.

METRIC	ATHLETE RESULT	AVERAGE AG	ELITE AG
VO ₂ MAX	54–56	45–50	60–70
FTP (W/KG)	2.7	2.7–3.1	4.3–4.8
FRACTIONAL UTILISATION	67–68%	70–75%	82–88%
CYCLING ECONOMY	80–82	70–80	85–100
EF	1.42	1.3–1.45	1.6–1.8
CADENCE STABILITY	95–110	80–90	90–100
LTHR	149	150–160	160–170
FRESH FTP	220–224	220–250	300–340

Physiological overview

Your VO₂ max of 54–56 ml/kg/min is strong and gives you a solid aerobic ceiling to build from.

Your FTP of 218 W, or 2.7 W/kg, places you around average for your age group.

Your fractional utilisation of 67–68% suggests you are currently using a relatively modest proportion of your available aerobic capacity, with clear room to improve that over time.

Your aerobic durability result is excellent. A heart rate drift of -0.8% shows that you are able to hold a steady aerobic workload with virtually no increase in cardiovascular cost over time.

Your efficiency is also good, with an aerobic efficiency factor of 1.42 W/bpm, showing that your system converts cardiovascular effort into power well.

Overall, your current profile suggests that durability is not the main limiter. The bigger opportunity is to improve threshold so that it better reflects the size of your aerobic ceiling.

04 / FOCUS

Performance priorities

Weakest area and performance gap

Your primary opportunity is **threshold development**.

This presents as:

- lower fractional utilisation than expected given your durability
- a clear gap between VO_2 power and FTP
- strong aerobic control, but room to convert more of that into sustained output

This means the current profile suggests you already have a strong base and very good control, but the next gain will come from improving threshold rather than simply building more endurance.

Training focus

Your training should prioritise improving your ability to sustain a higher proportion of your aerobic capacity over time.

The priority should be:

- Develop threshold
- Maintain aerobic durability
- Maintain VO_2 capacity

There is no need to heavily bias training toward more aerobic steady work, as durability already looks strong. The biggest gains are likely to come from threshold-focused progression while keeping your aerobic strength in place.

05 / STRUCTURE

Training and race guidance

Weekly training structure

A suitable structure would be:

- 1 to 2 threshold sessions
- 1 longer aerobic session
- 1 VO₂ session
- 1 to 2 additional easy or recovery rides

Total bike frequency should sit between 3 and 6 sessions per week.

Total weekly training volume should sit around 8 to 14 hours depending on training phase and recovery.

Consistency remains important, but the balance can now shift slightly more toward threshold development.

Race power guidance

RACE DISTANCE	RECOMMENDED RANGE	BEST TARGET
SPRINT	190–200 W	195 W
STANDARD / OLYMPIC	175–185 W	180 W
70.3	160–170 W	165 W
IRONMAN	145–155 W	150 W

These targets reflect your strong durability and current threshold power, while still respecting the demands of the run.

Heart rate guidance

RACE DISTANCE	EARLY RACE	MAIN RANGE / SECTION	UPPER CAP
SPRINT	—	147–153 bpm	155 bpm
STANDARD / OLYMPIC	—	144–149 bpm	151 bpm
70.3	138–143 bpm	143–148 bpm	150 bpm
IRONMAN	133–138 bpm	138–143 bpm	145 bpm

These heart rate targets are designed to keep effort controlled and sustainable for each race distance while matching the demands of the run that follows.

06 / SUMMARY

Your profile in focus

KEY STRENGTHS

- Excellent aerobic durability
- Strong aerobic ceiling
- Good efficiency
- Stable cadence and steady-state control

KEY AREAS TO DEVELOP

- Increase threshold power
- Improve fractional utilisation
- Maintain durability while FTP rises
- Continue building confidence at sustained race pace

Summary

You currently show a strong and durable endurance profile, with a solid aerobic ceiling and excellent control over steady efforts.

The biggest opportunity now is not building more aerobic durability but improving how much of your aerobic capacity you can convert into sustained threshold power.

With consistent threshold-focused training, there is good potential for your race power to continue moving upward while keeping the strong durability that already supports long-course racing.