VISION QUEST COACHING

Benchmark Threshold Test

REAL RIDES™

Testing Instructions:
To ensure your best performance, use a fan to stay cool and take on more fluids than you would on the road. Test yourself at the beginning of the 8-week training block and then again at the end. Record the numbers. If you blow-up before 10 minutes, re-start in an easier gear. If you're still going after 14, re-start in a harder gear. Go until you blow-up and have to stop. The values one level below blow-up/failure are your threshold. When you use the Benchmark Test to warm-up, stop at your threshold and then begin the workout.

Go to www.realrides.tv
to follow the free Benchmark Threshold video. Get training tips and sign-up for a newsletter at **www.visionquestcoaching.com**. To learn more about Robbie Ventura's RealRides® Training System and to purchase videos, go to **www.realrides.tv**

TIME minutes	GEARING front / rear	CADENCE rpm	R.P.E. 1-10	HEART RATE beats per minute	POWER watts
Sample Values	50/21	85	1-2	107	115
00:00 - 02:00					
02:00 - 04:00					
04:00 - 06:00					
06:00 - 08:00					
08:00 - 10:00					
10:00 - 12:00					
12:00 - 14:00					

RATE OF PERCEIVED EXERTION REFERENCE		
Perceived Effort	Duration	R.P.E. Value
MAXIMUM	0-30 second maximum effort	10
REALLY HARD	1-4 minute maximum effort	9
HARD	30-60 minute maximum effort	7/8
MODERATE	2-3 hour pace	5/6
LIGHT	4-6 hour pace	3/4
EASY	all day pace	1/2

THRESHOLD TEST LOG			
Date	Gearing	Heart Rate	Power