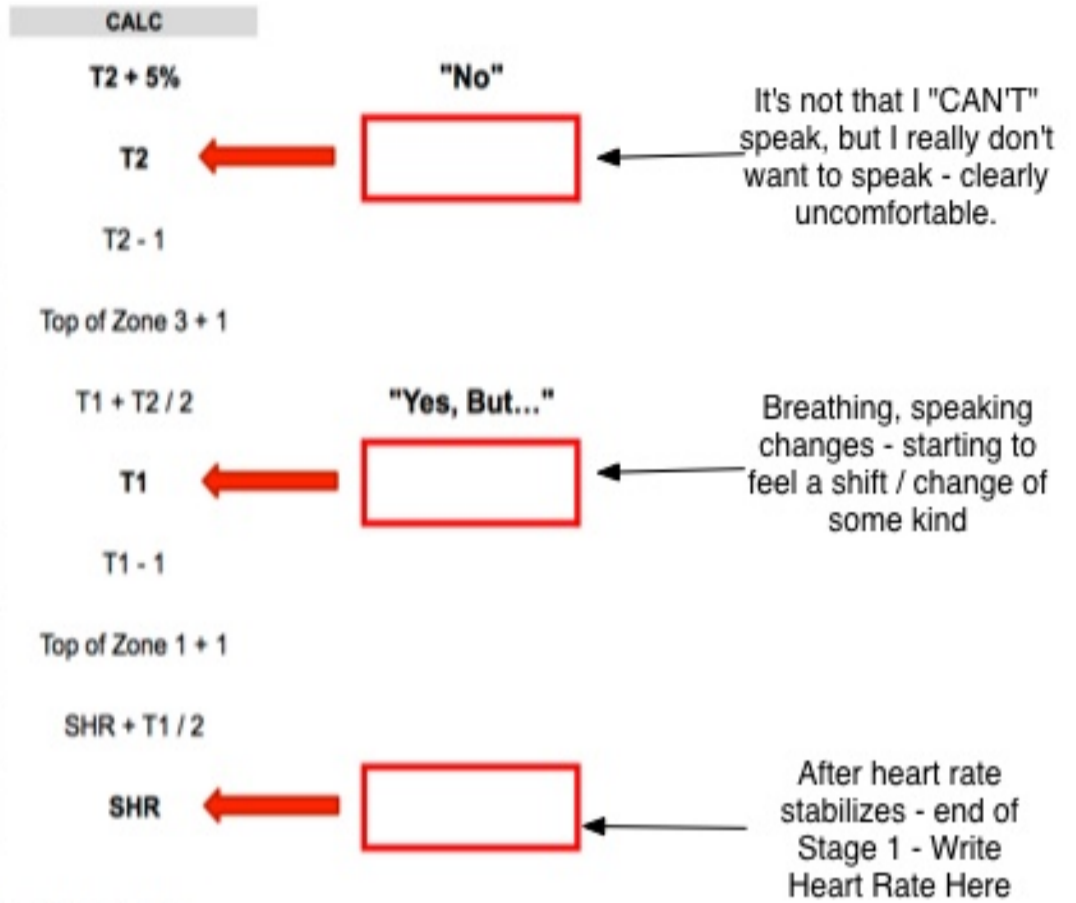


FOSTER TALK TEST ZONE CALCULATIONS



Can You Speak Comfortably?

5	CAPACITY	HIGH	
		LOW	
4	SUB-THRESHOLD	HIGH	
		LOW	
3	AEROBIC FITNESS	HIGH	
		LOW	
2	ENDURANCE	HIGH	
		LOW	
1	ACTIVE-RECOVERY	HIGH	
		LOW	



SHR = Starting Heart Rate / T1 = Low Threshold Heart Rate / T2 = High Threshold Heart Rate

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The Foster Threshold Field Test

Cycling Fusion™ Indoor Cycling Protocol

- Riders should have a heart monitor, water, a towel, fan/ventilation they can feel, and a small clipboard with a Field Test Reporting form and something to write with.
- Everyone should begin together - the initial stages serve as the warmup and they are still part of the test
- Begin at about 25% of your weight in watts (lbs) and establish a length of each stage to be somewhere between 2 and 3 minutes.
- Power and RPM targets should be +/- 5 RPM and +/-5 Watts
- Those using non-power bikes should turn up the bike's resistance until their heart rate increases by 5 to 10 BPM each stage.
- If available, an RPE chart should be hung somewhere in the room so all the riders can refer to it
- 30 seconds before the END of each stage, the rider should sit up and speak the pledge of allegiance, as they continue to pedal (do not stop pedaling).
- The total length of the test can be shortened or lengthened by decreasing or increasing the duration of the stages.
- After speaking the pledge (or another phrase of approximate equal length), the test facilitator should ask the question "Can you speak comfortably?" and each person records one of THREE responses on the form.

"Yes" - no breathiness, no stuttering, no gasping at all - **Record the heart rate you see on your heart rate monitor**

"Yes But" I'm not sure - there is some involuntary pausing or changing of the rhythm of speech - (*The "but" can be anything... "but it's pretty breathy," "but I'm feeling significantly different", etc.*) **Record the heart rate you see on your heart rate monitor**

No - clearly not comfortable talking and can hardly say a few words in a row - **Record the heart rate you see on your heart rate monitor**

- Once the rider says "No", they should record their results and begin to cool down, no matter where the rest of the class is. If they finish a lot earlier than everyone else, they can just ride at any level they are comfortable with.