

Room Temperature: _____

Name:

Age:

Weight:

Height:

Age predicted heart rate max:

Calculated 85% of HR max:

Medications:

Resting BP:

Resting HR:

Protocol:

STAGE 1: 30 WATTS				
Step Rate: 95-100 spm				
	HR <80	HR 80-90	HR 90-100	HR >100
STAGE 2	125 WATTS	100 WATTS	75 WATTS	50 WATTS
STAGE 3	150 WATTS	125 WATTS	100 WATTS	75 WATTS
STAGE 4	175 WATTS	150 WATTS	125 WATTS	100 WATTS

Time	Stage	HR (bpm)	RPE	Power (Watts)
2:00	1			30
3:00	1			30
5:00	2			
6:00	2			
8:00	3			
9:00	3			
11:00	4			
12:00	4			