INSCYD

Z ZWIFT

Power-Performance Decoder: Zwift Testing Manual

This handout contains instructions to be given to your athletes prior to testing. This will ensure INSCYD testing is carried out correctly.

Before performing a test or any other kind of exercise, please consult your physician and ensure that you are in good health. Please read the reliability waiver section of the INSCYD User Agreement.

Recovered state
Ensure you are well recovered before undergoing any tests. This testing should not be carried out immediately after a hard block of training. For better reliability, one or two rest days before the test are ideal.

Zwift files
To view the PPD workouts in Zwift, you will need to save the workout folder in a specific location of your computer. Please refer to the diagram below.
The Zwift folder will need to be saved into:

Documents > Zwift > Workouts > *Numbered folder (See the note in diagram below).

* Each person that logs into Zwift on your computer will create numbered folder specific to that user.
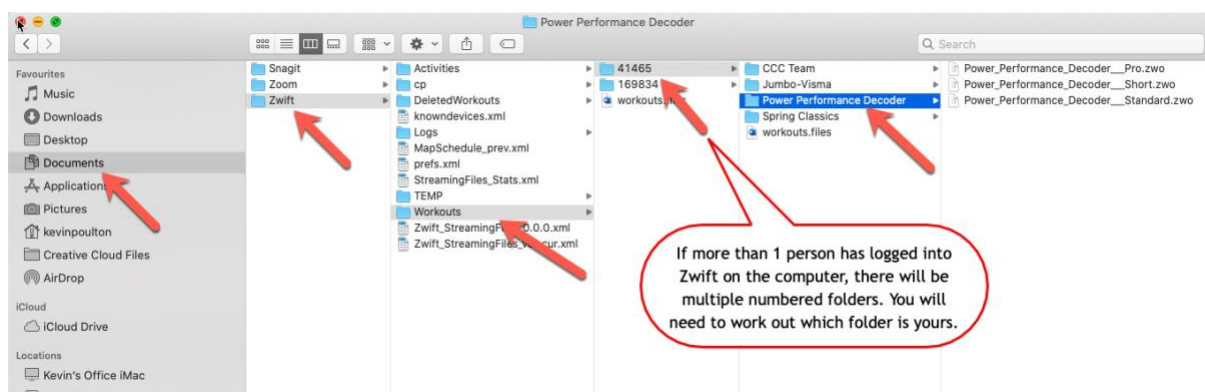
Zwift

Your INSCYD PPD workouts will now appear in Zwift under the 'Workouts' tab as shown in the diagram below

Test execution
ALL INTERVALS IN THE TEST MUST BE PERFORMED SEATED

The Zwift PPD test features explicit instructions throughout the workout on how to properly execute the test. You will be carefully guided through each test interval during the workout with on-screen instructions.

You have been provided with 2 methods of implementing the test:
- PPD - Professional, and
- PPD - Standard.

The only difference is in the length of the recovery period provided. Longer recovery is provided in the Professional test. Your coach will specify which method for you to use.

Each method requires the athlete to complete 4 test intervals consisting of:
- 20 second SEATED maximal sprint
- 3 minute SEATED maximal effort
- 6 minute SEATED maximal effort
- 10 minute SEATED maximal effort

Preparation
- Ensure your powermeter and/or smart trainer is calibrated.
- Pair your powermeter as the 'Power Source' in Zwift.
- Record the test data to your bike computer also.
- Set to record data every second (no smart recording!)
- ERG mode must be on.
- Record heart rate.
- The workout provides you with the warmup.

The test intervals are performed as a 'free-ride' effort. During the 'free-ride' interval there is no power ceiling and you will be presented with the feeling of a flat road regardless of the terrain you see on Zwift.

As part of the warmup you will be guided through 2 x 6sec SEATED sprints. These sprints serve the purpose of enhancing the warmup and also allowing you to get a feel for the resistance from the smart trainer during 'free-ride' sections. They also allow you to experiment with your gear choice for the 20sec SEATED test interval.

It is imperative that you perform the 6sec trial sprints and the 20sec test sprint from a very low power and cadence. The guide in the test is to bring the cadence down to ~40rpm and power down to ~0.7w/kg.

Test intervals.
For the test intervals, you will be presented with a 'free-ride' interval with no power ceiling. During this interval you will change gears during your effort to produce the desired power, just as you would outdoors.
* Please note that for the 20sec SEATED sprint there are to be no gear changes!

Recovery sections
The recovery sections are based on your FTP setting. During these sections, when using ERG mode, no matter the gear or cadence you are pushing the power will remain at the set target.

Data Handling
Download the data file from your bike computer and send to your coach for analysis.