
Advanced Fitness Tests

Equipment Required

Heart rate monitor
Stopwatch
Cycle

Test for cycling ability

If you are keen on cycling and you want to find out just how good you are – try this cycling test developed and used by top cycling coaches – to gauge your cycling ability.

3 mile Cycle Time Trial on the Road

Preparation

Choose a flat stretch of road that has no turns or traffic lights, and little traffic, measure and mark or note landmarks to represent the beginning and end of a 3mile course.

Always wear a helmet and a heart monitor and use a stopwatch or your cycle computer

Do not eat 2-3 hours before the test, it's also a good idea to have rested or exercised only lightly the day before.

Warm-up for 15-20 minutes as if preparing for a race or hard workout. Later make a note of what your warm-up procedure was

If at any time you feel light headed or nauseous stop the test. You are aiming to complete the course as fast as possible – not to establish a max heart rate – (that is a separate test!)

Choose gearing which allows you to pedal at a cadence of 80-90 revolutions per minutes (rpm) consistently (if you don't have a cycle-computer which measures rpm you can count the number of revs for 10 seconds and multiply by 6 to get a rough idea).

Following the warm-up, ride the 3mile course as fast as you can, starting the stopwatch at the start of the course and mark. During this part it is going to hurt a bit – settle in to steady rhythm, if it is not hard and painful you need to work harder. Keep an eye on your heart rate and make a mental note of the highest – stop your watch as you as you pass the 3mile marker.

On finishing, if your heart rate monitor has an average setting, make a note of that also. Note the weather conditions and wind direction. Cool-down or continue with your training ride as planned.

Remember: at the end of this test you should know and note:

- Time for 3 miles
- Max heart rate achieved
- Average heart rate achieved (if you have that function)
- Weather conditions

Interpretation of results

Men

3 Mile Time	Level	Category
More than 10 minutes	Beginner	Recreational
Less than 10 minutes	Beginner-intermediate	Recreational
More than 8 minutes	Intermediate	Racing Cyclist
Less than 8 minutes	Intermediate to advanced	Racing Cyclist

Women

3 mile time	Level	Category
More than 12 minutes	Beginner	Recreational
Less than 12 minutes	Beginner-intermediate	Recreational
More than 10 minutes	Intermediate	Racing Cyclist
Less than 10 minutes	Intermediate to advanced	Racing Cyclist

Re-test yourself later in the season to see how you have progressed but be sure to use the same course on a day with similar weather conditions