



Judge Of Efficiency (Joe) Test

TIME	WATTAGE	COMMENTS
0:00 to 5:00	<90w	light spin
5:00 to 8:00	100	Start Garmin
8:00 to 11:00	125	Press “lap”
11:00 to 14:00	150	Press “lap”
14:00 to 17:00	175	Press “lap”
17:00 to 20:00	200	Press “lap”
21:00 to 24:00	225	Press “lap”
24:00 to 27:00	250	Stop Garmin

Aerobic benchmark test should be planned for once every 3-4 weeks.
Cease test if you exceed your anaerobic threshold (~ 87% HRmax).
Use average watts & HR to show fitness gains and losses.