



FIND YOUR FTP

HOW IT WORKS

- (1) Choose sex, (2) find your training level based on effective cycling hours per week,
- (3) find your age, (4) find your weight. If it is more than your ideal weight, you should go with your ideal weight.

■ AGE ■ WEIGHT ■ FTP

LEVEL 1 - MEN

1-3 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 125 | 122 | 119 | 116 | 113 | 110 | 107 | 104 |
| 55 | 137 | 134 | 131 | 128 | 125 | 122 | 119 | 116 |
| 60 | 150 | 146 | 142 | 138 | 134 | 130 | 126 | 122 |
| 65 | 162 | 158 | 154 | 150 | 146 | 142 | 138 | 134 |
| 70 | 175 | 171 | 167 | 163 | 159 | 155 | 151 | 147 |
| 75 | 187 | 182 | 177 | 172 | 167 | 162 | 157 | 152 |
| 80 | 200 | 195 | 190 | 185 | 180 | 175 | 170 | 165 |
| 85 | 212 | 207 | 202 | 197 | 192 | 187 | 182 | 177 |
| 90 | 225 | 219 | 213 | 207 | 201 | 195 | 189 | 183 |
| 95 | 237 | 231 | 225 | 219 | 213 | 207 | 201 | 195 |
| 100+ | 240 | 234 | 228 | 222 | 216 | 210 | 204 | 198 |

LEVEL 1 - WOMEN

1-3 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 100 | 98 | 95 | 93 | 90 | 88 | 85 | 83 |
| 55 | 110 | 107 | 104 | 101 | 98 | 95 | 92 | 89 |
| 60 | 120 | 117 | 114 | 111 | 108 | 105 | 102 | 99 |
| 65 | 130 | 127 | 124 | 121 | 118 | 115 | 112 | 109 |
| 70 | 140 | 137 | 134 | 131 | 128 | 125 | 122 | 119 |
| 75 | 150 | 146 | 142 | 138 | 134 | 130 | 126 | 122 |
| 80 | 160 | 156 | 152 | 148 | 144 | 140 | 136 | 132 |
| 85 | 170 | 166 | 162 | 158 | 154 | 150 | 146 | 142 |
| 90 | 180 | 176 | 172 | 168 | 164 | 160 | 156 | 152 |
| 95 | 190 | 185 | 180 | 175 | 170 | 165 | 160 | 155 |
| 100+ | 200 | 195 | 190 | 185 | 180 | 175 | 170 | 165 |

LEVEL 2 - MEN

3-5 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 150 | 146 | 142 | 138 | 134 | 130 | 126 | 122 |
| 55 | 165 | 161 | 157 | 153 | 149 | 145 | 141 | 137 |
| 60 | 180 | 176 | 172 | 168 | 164 | 160 | 156 | 152 |
| 65 | 195 | 190 | 185 | 180 | 175 | 170 | 165 | 160 |
| 70 | 210 | 205 | 200 | 195 | 190 | 185 | 180 | 175 |
| 75 | 225 | 219 | 213 | 207 | 201 | 195 | 189 | 183 |
| 80 | 240 | 234 | 228 | 222 | 216 | 210 | 204 | 198 |
| 85 | 255 | 249 | 243 | 237 | 231 | 225 | 219 | 213 |
| 90 | 270 | 263 | 256 | 249 | 242 | 235 | 228 | 221 |
| 95 | 285 | 278 | 271 | 264 | 257 | 250 | 243 | 236 |
| 100+ | 300 | 293 | 286 | 279 | 272 | 265 | 258 | 251 |

LEVEL 2 - WOMEN

3-5 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 125 | 122 | 119 | 116 | 113 | 110 | 107 | 104 |
| 55 | 137 | 134 | 131 | 128 | 125 | 122 | 119 | 116 |
| 60 | 150 | 146 | 142 | 138 | 134 | 130 | 126 | 122 |
| 65 | 162 | 158 | 154 | 150 | 146 | 142 | 138 | 134 |
| 70 | 175 | 171 | 167 | 163 | 159 | 155 | 151 | 147 |
| 75 | 187 | 182 | 177 | 172 | 167 | 162 | 157 | 152 |
| 80 | 200 | 195 | 190 | 185 | 180 | 175 | 170 | 165 |
| 85 | 212 | 207 | 202 | 197 | 192 | 187 | 182 | 177 |
| 90 | 225 | 219 | 213 | 207 | 201 | 195 | 189 | 183 |
| 95 | 237 | 231 | 225 | 219 | 213 | 207 | 201 | 195 |
| 100+ | 240 | 234 | 228 | 222 | 216 | 210 | 204 | 198 |

LEVEL 3 - MEN

5-8 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 175 | 171 | 166 | 162 | 157 | 153 | 148 | 144 |
| 55 | 193 | 188 | 183 | 178 | 173 | 168 | 163 | 158 |
| 60 | 210 | 205 | 200 | 195 | 190 | 185 | 180 | 175 |
| 65 | 227 | 222 | 216 | 211 | 205 | 200 | 194 | 189 |
| 70 | 245 | 239 | 233 | 227 | 221 | 215 | 209 | 203 |
| 75 | 262 | 255 | 248 | 241 | 234 | 227 | 220 | 213 |
| 80 | 280 | 273 | 264 | 257 | 250 | 243 | 236 | 229 |
| 85 | 297 | 290 | 283 | 274 | 267 | 260 | 253 | 246 |
| 90 | 315 | 307 | 299 | 291 | 283 | 275 | 267 | 259 |
| 95 | 332 | 324 | 316 | 308 | 300 | 292 | 284 | 276 |
| 100+ | 350 | 341 | 332 | 323 | 314 | 305 | 296 | 287 |

LEVEL 3 - WOMEN

5-8 hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 138 | 135 | 131 | 128 | 124 | 121 | 117 | 114 |
| 55 | 151 | 147 | 143 | 139 | 135 | 131 | 127 | 123 |
| 60 | 165 | 161 | 157 | 153 | 149 | 145 | 141 | 137 |
| 65 | 179 | 175 | 170 | 166 | 161 | 157 | 152 | 148 |
| 70 | 193 | 188 | 183 | 178 | 173 | 168 | 163 | 158 |
| 75 | 206 | 201 | 196 | 191 | 186 | 181 | 176 | 171 |
| 80 | 220 | 215 | 209 | 204 | 198 | 193 | 187 | 182 |
| 85 | 234 | 228 | 222 | 216 | 210 | 204 | 198 | 192 |
| 90 | 248 | 242 | 236 | 230 | 224 | 218 | 212 | 206 |
| 95 | 261 | 254 | 247 | 240 | 233 | 226 | 219 | 212 |
| 100+ | 275 | 268 | 261 | 254 | 247 | 240 | 233 | 226 |

LEVEL 4 - MEN

8+ hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 200 | 195 | 190 | 185 | 180 | 175 | 170 | 165 |
| 55 | 220 | 215 | 210 | 205 | 200 | 195 | 190 | 185 |
| 60 | 240 | 234 | 228 | 222 | 216 | 210 | 204 | 198 |
| 65 | 260 | 254 | 248 | 242 | 236 | 230 | 224 | 218 |
| 70 | 280 | 273 | 266 | 259 | 252 | 245 | 238 | 231 |
| 75 | 300 | 293 | 286 | 279 | 272 | 265 | 258 | 251 |
| 80 | 320 | 312 | 304 | 296 | 288 | 280 | 272 | 264 |
| 85 | 340 | 332 | 324 | 316 | 308 | 300 | 292 | 284 |
| 90 | 360 | 351 | 342 | 333 | 324 | 315 | 306 | 197 |
| 95 | 380 | 371 | 362 | 353 | 344 | 335 | 326 | 317 |
| 100+ | 400 | 390 | 380 | 370 | 360 | 350 | 340 | 330 |

LEVEL 4 - WOMEN

8+ hours cycling per week

| | < 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70+ |
|------|------|-----|-----|-----|-----|-----|-----|-----|
| 50 | 150 | 146 | 142 | 138 | 134 | 130 | 126 | 122 |
| 55 | 165 | 161 | 157 | 153 | 149 | 145 | 141 | 137 |
| 60 | 180 | 176 | 172 | 168 | 164 | 160 | 156 | 152 |
| 65 | 195 | 190 | 185 | 180 | 175 | 170 | 165 | 160 |
| 70 | 210 | 205 | 200 | 195 | 190 | 185 | 180 | 175 |
| 75 | 225 | 219 | 213 | 207 | 201 | 195 | 189 | 183 |
| 80 | 240 | 234 | 228 | 222 | 216 | 210 | 204 | 198 |
| 85 | 255 | 249 | 243 | 237 | 231 | 225 | 219 | 213 |
| 90 | 270 | 263 | 256 | 249 | 242 | 235 | 228 | 221 |
| 95 | 285 | 278 | 271 | 264 | 257 | 250 | 243 | 236 |
| 100+ | 300 | 293 | 286 | 279 | 272 | 265 | 258 | 251 |