

# J.R. Smith Coaching, L.L.C.

## Sub-Max Wattage Instructions and Testing Center Directions

Bring the following items to your power test:

1. Road bike—inflate tires to maximum prescribed pressure just prior to testing (if you do not have a road bike, please let us know in advance)
2. Bike shorts/jersey or t-shirt
3. Bike shoes
4. Water bottle
5. Heart rate monitor and strap
6. Towel

Make sure you are well rested and healthy for this testing procedure--no hard rides or workouts 48-72 hours prior to test. Eat lightly approximately 2-3 hours before test.

Make sure your bike is in good working order and gears work properly. There is not enough time to make adjustments on your bike during the testing procedure.

You must fill out medical questionnaire and bring to test. The attached consent form will describe the sub-max wattage testing protocol. **IF YOU HAVE ANY MEDICAL CONDITIONS OR ISSUES THAT MAY AFFECT YOUR ABILITY TO PERFORM THIS TEST, YOU MUST CONSULT A PHYSICIAN AND GET WRITTEN APPROVAL PRIOR TO TESTING.**

It is **VERY** important that you arrive promptly. If you need to cancel, please give us at least 24 hours advance notice (801-944-2456). We strongly encourage you not to cancel; we have many athletes to test and scheduling will be tight through the beginning of camp. **You will not be able to start Power Cycle Camp until you have been tested.**



**Directions to testing center:** From the intersection of Wasatch Blvd. and Fort Union (Big Cottonwood Canyon entrance) head south on Wasatch Blvd. up hill to first light (7800 South). Turn right on 7800 South (or “Bengal Blvd.”), proceed straight through stop sign (south) past Smith’s and Memorial Estates Cemetery. Turn left on Danish Road (use LDS Church on right as a landmark). Proceed south on Danish Road past Creek Road. Road will narrow and then widen—turn right on Scottish Drive immediately after road widens. Proceed west down Scottish Drive, which then forces left turn heading south. Make first left hand turn into Martha’s Cove. Look for the first house on the north side of the circle. Testing Center is located on the east side of the house at the rear.

Address: 3225 Martha’s Cove (8510 South)  
Phone: 801- 944-2456

Your Testing Date/Time: \_\_\_\_\_