

## DeCoupling Test: Cardiac Creep Data Entry Form

Target Power:		Duration:	25m	Recorded & Calculated Values						
Zone 4			Starting BPM	Time of 5% Increase in HR for 2 min	Final BPM	Average BPM	Average Watts	Cost in BPM	Stamina Rating	Efficiency Watts/BPM
Cadence 80-95	1st Trial									
Cadence 80-95	2nd Trial									
<b>Summary Data - Averages:</b>										

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