

TRAINING

Threshold Training

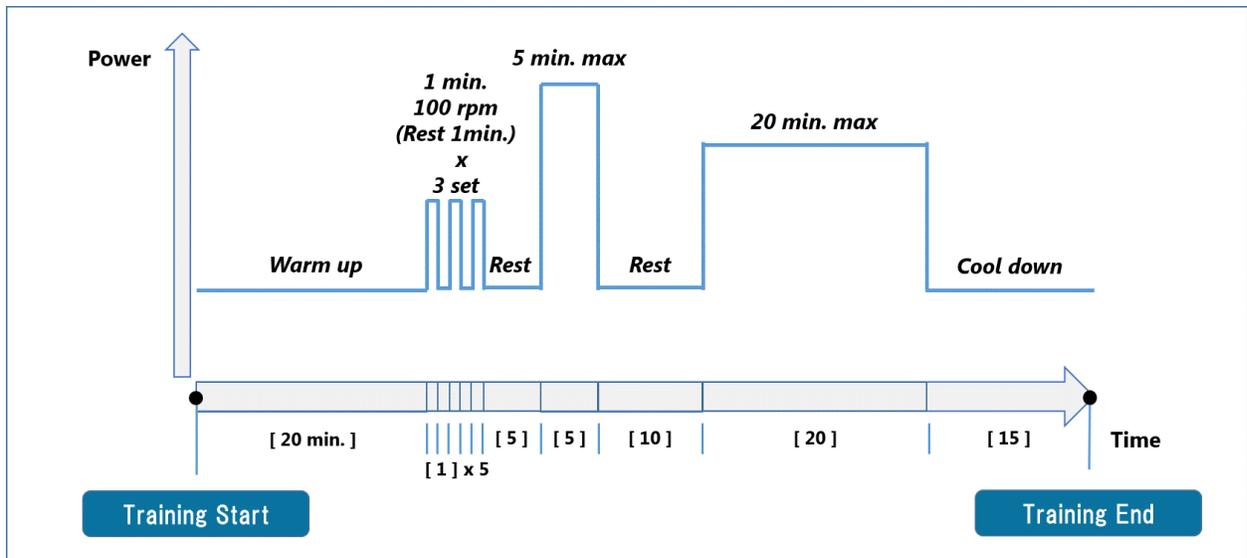
The training with the MMP data. You can do this training based on your training data from the Cyclo-Sphere or the data you set manually. The menu and the protocol of the trainings are below.

The menu

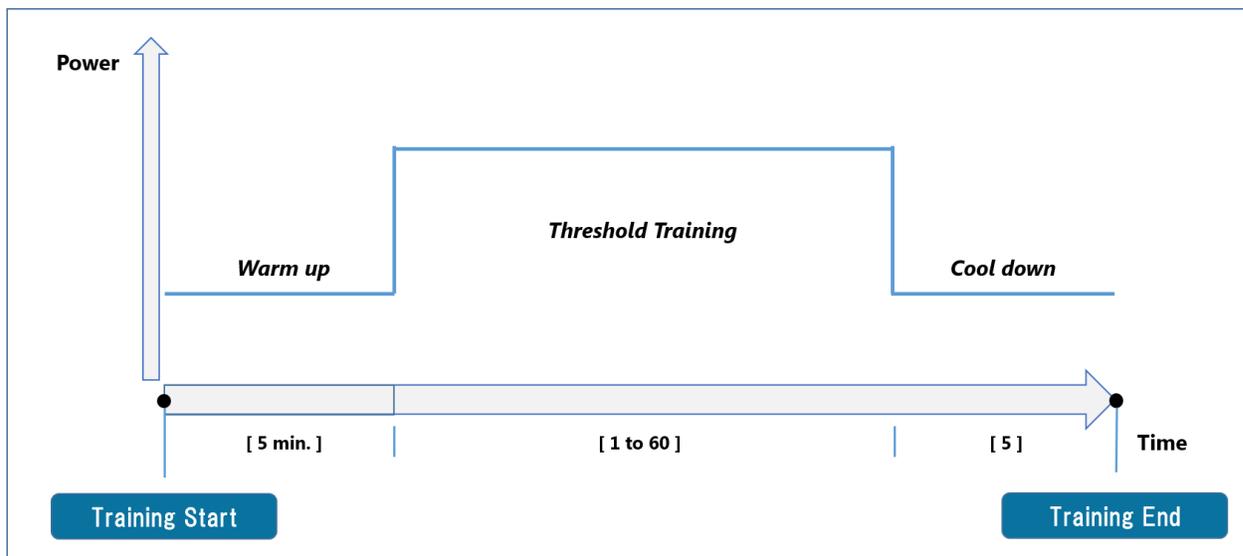
Items	Summary
FTP(20min)	The FTP measurement with 20 min. protocol. As a result 95% of the 20 min. average power is used to determine FTP.
1 min MMP	1 min. training with target at 102 % power of the MMP.
3 min MMP	3 min. training with target at 102 % power of the MMP.
5 min MMP	5 min. training with target at 102 % power of the MMP.
10 min MMP	10 min. training with target at 102 % power of the MMP.
20 min MMP	20 min. training with target at 102 % power of the MMP.
FTP(60min)	60 min. training with target at 102 % power of the MMP. The result is used to determine FTP.

The protocol of the menu items

FTP(20min.)



The others

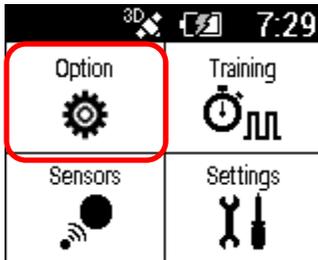


Setting the MMP data

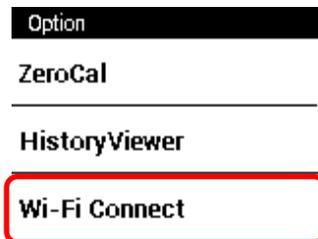
Sync the data with the Cyclo-Sphere

[Please check here for the details of the Cyclo-Sphere settings.](#)

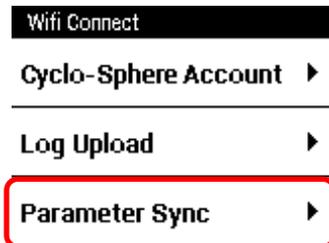
1. On the home screen, tap the [Option] icon.



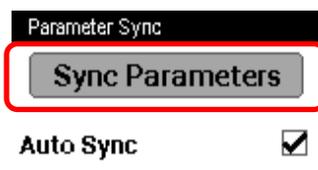
2. Tap the [Wi-Fi connect].



3. Tap the [Parameter Sync]. The MMP data is calculated from the MMP data of the latest 3 weeks on the Cyclo-Sphere.



4. Tap the [Sync Parameters].



5. Check the [Auto Sync] check box, if you want to sync the MMP data automatically. Auto synchronization is recommended because the MMP data will be changed day by day.

Parameter Sync

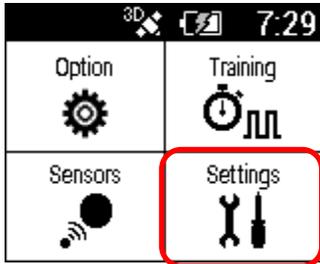
Sync Parameters

Auto Sync

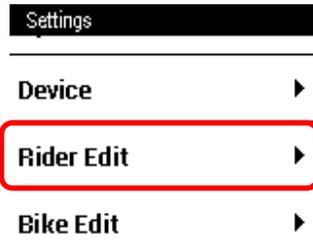


Manual Setting

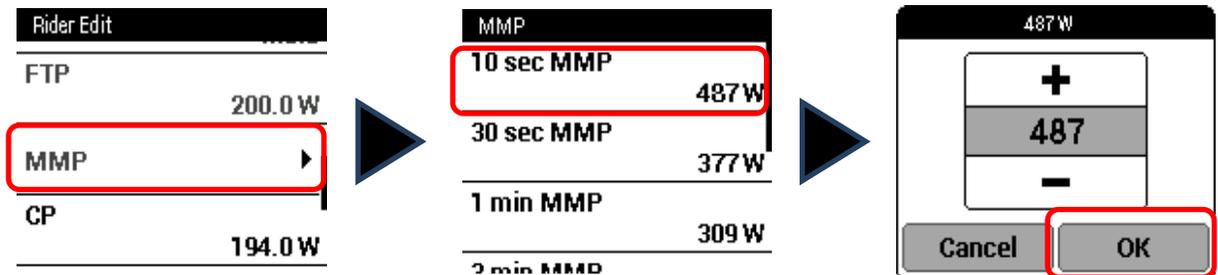
1. On the home screen, tap the [Settings] icon.



2. Tap the [Rider Edit].

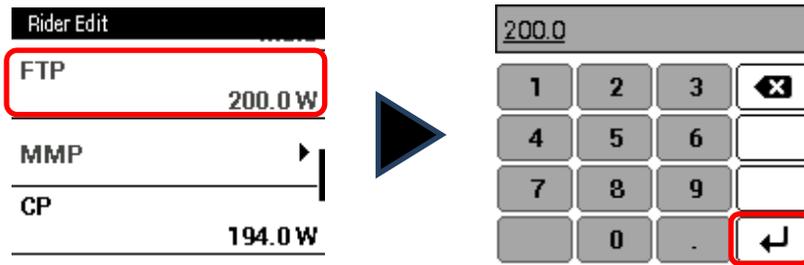


3. Tap [MMP], and then input the value and tap [OK]



4. Set the value for 10 sec. MMP to 20 min. MMP

5. Back to the step 2, tap the [FTP], and then input the value and tap [OK].



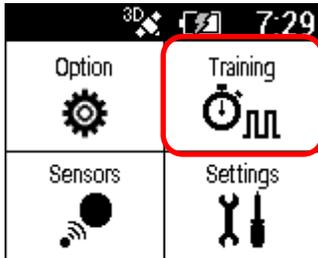
Warning:

The manual MMP value will be overwritten to the MMP value on the Cyclo-Sphere, if the SGX-CA500 is sync with the Cyclo-Sphere.

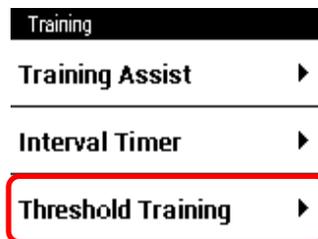
On the other hand the manual FTP value will be overwritten to the updated FTP value by tapping the [Parameter Sync], if the FTP value is updated on the Cyclo-Sphere.

Start the training

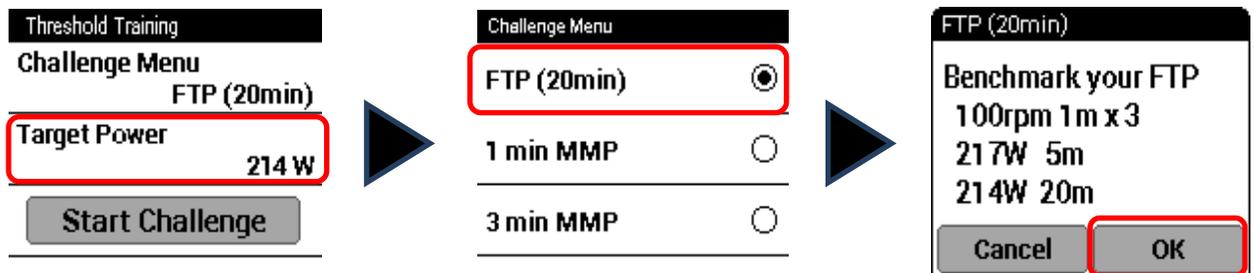
1. On the home screen, tap the [Training] icon.



2. Tap the [Threshold Training].

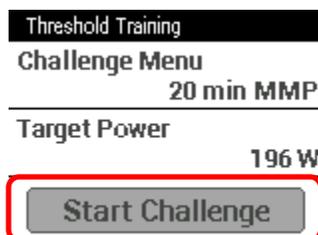


3. Select the menu in the [Challenge Menu], and tap the [OK].

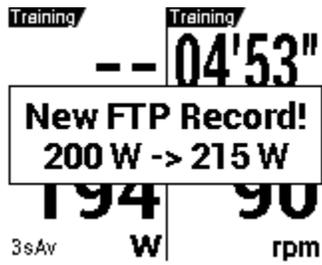


4.

5. Tap the [Start Challenge], and the challenge begin. Please check the Interval Timer section for the operation while challenge. [→click](#) The target power is 95 % of the target FTP.



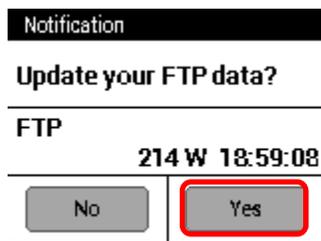
6. The update result information will be popup, if you update the MMP data.



Update the result of the FTP value

Update the result of the FTP value with the Threshold Training to the Rider Setting.

1. Saving log data after the training menu FTP(20) or FTP(60) was done.
2. Tap [Yes]



3. Check the adapted FTP data from the list if there are some updated FTP result data.



Warning:

The FTP data in the SGX-CA500 will not be updated until the adapted FTP data is selected as above procedure.

The FTP data will be uploaded to the Cyclo-Sphere, if the parameter sync is on or "Sync Parameters" is tapped.