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Authors: Nicolas W. Clark, Dale R. Wagner, Edward M. Heath



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Influence of Velotron chainring size on Wingate anaerobic test

Nicolas W. Clark, Dale R. Wagner, & Edward M. Heath

Kinesiology and Health Science Dept., Utah State University, Logan, UT, USA

Corresponding Author:

Dale R. Wagner, PhD

Kinesiology & Health Science

Utah State University

7000 Old Main Hill

Logan, UT, 84322-7000, USA

Phone: 435-797-8253

Email: dale.wagner@usu.edu

Abstract

Objectives: This study compared an 85-tooth versus the standard 62-tooth chainring for power outputs during a Wingate test using a Velotron electromagnetically-braked cycle ergometer. **Design:** All participants completed trials using both chainring sizes in a repeated-measures cross-over design.

Methods: Resistance-trained male participants ($n = 20$, 24.6 ± 4.5 years) performed two Wingate tests separated by at least 48 hours. Peak power (PP), mean power (MP), fatigue index (FI), peak cadence, mean cadence, and total work (TW) were recorded. **Results:** Peak power was not significantly different ($p = 0.10$) between trials (62-tooth = 1111 ± 187 W vs. 85-tooth = 1188 ± 103 W). However, MP, mean cadence, and TW were significantly greater ($p < 0.01$) for the 85-tooth trial (869 ± 114 W, 131 ± 16 rpm, and $26,063 \pm 3,418$ J) compared to the 62-tooth test (673 ± 136 W, 102 ± 24 rpm, and $20,199 \pm 4,066$ J).

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