

RIDER ASSESSMENT RESULTS

Skill Profile Score		Natural Abilities Score	
Climbing	1	Strength	4
Sprinting	1	Skill	2
Extended Efforts	5	Endurance	3

Mental Skills Profile	
Motivation	Good
Confidence	Good
Thought Habits	Average
Focus	Good
Visualization	Average

I have seen a change in you since the last program. Your FTP Test was very solid and a huge improvement from last program as well. To watch you begin to connect the Mind and Body is pretty impressive.

You are beginning to connect the cadence and control much better.

Keep it focused, you are going places!

WEEK 1: PHASE 1 - BASELINE TESTING WEEK RESULTS

RAMP Test	w/kg	Watts	HR Average	FTP / 20 Min Power	w/kg	Watts	HR Average	Cadence Average
5 Minute Power	1.9	190	133	20 Minute Power	2.5	243	158	85
10 Minute Power	1.7	169	124					

BASELINE TRAINING ZONES

Training Zones	Exertion	Average Power ♣	Average HR ♥
1 - Active Recovery	<2	< 134	0 - 128
2 - Endurance	2-3	134 - 182	128 - 141
3 - Tempo	3-4	182 - 219	142 - 147
4 - Lactate Threshold	4-5	219 - 255	149 - 156
5 - V02 Max	6-7	255 - 292	158 - 161
6 - Anaerobic Capacity	>7	> 292	N/A
7 - Neuromuscular Power	Max	N/A	N/A

COMPARISON TRAINING ZONES

Training Zones	Exertion	Average Power ♣	Average HR ♥
1 - Active Recovery	<2	< 155	0 - 125
2 - Endurance	2-3	155 - 212	125 - 137
3 - Tempo	3-4	212 - 254	139 - 143
4 - Lactate Threshold	4-5	254 - 296	145 - 152
5 - V02 Max	6-7	296 - 338	154 - 157
6 - Anaerobic Capacity	>7	> 338	N/A
7 - Neuromuscular Power	Max	N/A	N/A

5 Mile Zone 3 Testing
 (31.06% Increase in Aerobic Power)
 206 to 270 Watts = +64 WATTS

Phase	Time	HR	Watts	Rpm
Base	15:06	144	206	91
P1	14:56	145	210	92
P2	13:58	146	224	94
P3	13:22	143	245	94
P4	13:59	146	249	93
P5	13:45	146	241	92
P6	12:12	143	270	91

WEEK 24: PHASE 6 - COMPARISON TESTING RESULTS

RAMP Test	w/kg	Watts	HR Average	FTP / 20 Min Power	w/kg	Watts	HR Average	Cadence Average
5 Minute Power	3.2	288	149	20 Minute Power	3.1	282	154	83
10 Minute Power	2.8	254	133	5 Minute Power - 51.58% increase (190 to 288 watts = +98 WATTS) 10 Minute Power - 50.29% increase (169 to 254 watts = +85 WATTS) 20 Minute Power - 16.04% increase (243 to 282 watts = +39 WATTS) with 2.53% improvement in Heart Rate Efficiency				

