

# Improving Your Cycling Performance

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# Overview

- What's this coaching all about then?
- Notes on Nutrition
- Thoughts on equipment
- Sports Psychology
- Training Tools and Aids – Self Help!
- Physiology
  - Energy Systems
  - Benchmarking
  - Training Zones/Approaches
- Questions (and maybe answers, depends how awkward you are....)

# What's this coaching all about then?

- British Cycling (UKCC) Levels
  - Level 1 – Cycling Equipment, Cycling Techniques, Assessing and Improving Rider Performance, Preparing, Delivering and Reviewing Cycling Sessions and Coaching Good Practice.
  - Level 2 – As above but wider range of environments, group sizes
  - Level 3 - ability and knowledge to plan, deliver and evaluate detailed periodised training programmes for individual riders within a specific discipline.
  - Analysing a rider's performance, prescribing and evaluating training plans, delivering advanced techniques and testing and benchmarking rider performance

# What's this coaching all about then?

- Wide range of coaching styles
- Nothing is necessarily “right or wrong”
- Self Prescription or coached some key points:
  - Undertake benchmarking – you need to know where you have come from to know where you are going...
  - Complete and audit of your time/life/family/work balance
  - **SET CLEAR ACHIEVEABLE GOALS AND TARGETS**



- Ride More, Eat Less, Get Faster
- Eat Less, Ride More, Get Faster....



# Notes on Nutrition

- **Healthy Diet**                      **Percentage Total Energy**
  - Carbohydrate                      55-60
  - Fat                                      20-30
  - Protein                                15-20
  
- **Cyclist Diet**
  - Carbohydrate                      60-70
  - Fat                                      20-25
  - Protein                                10-15

# Thoughts on equipment

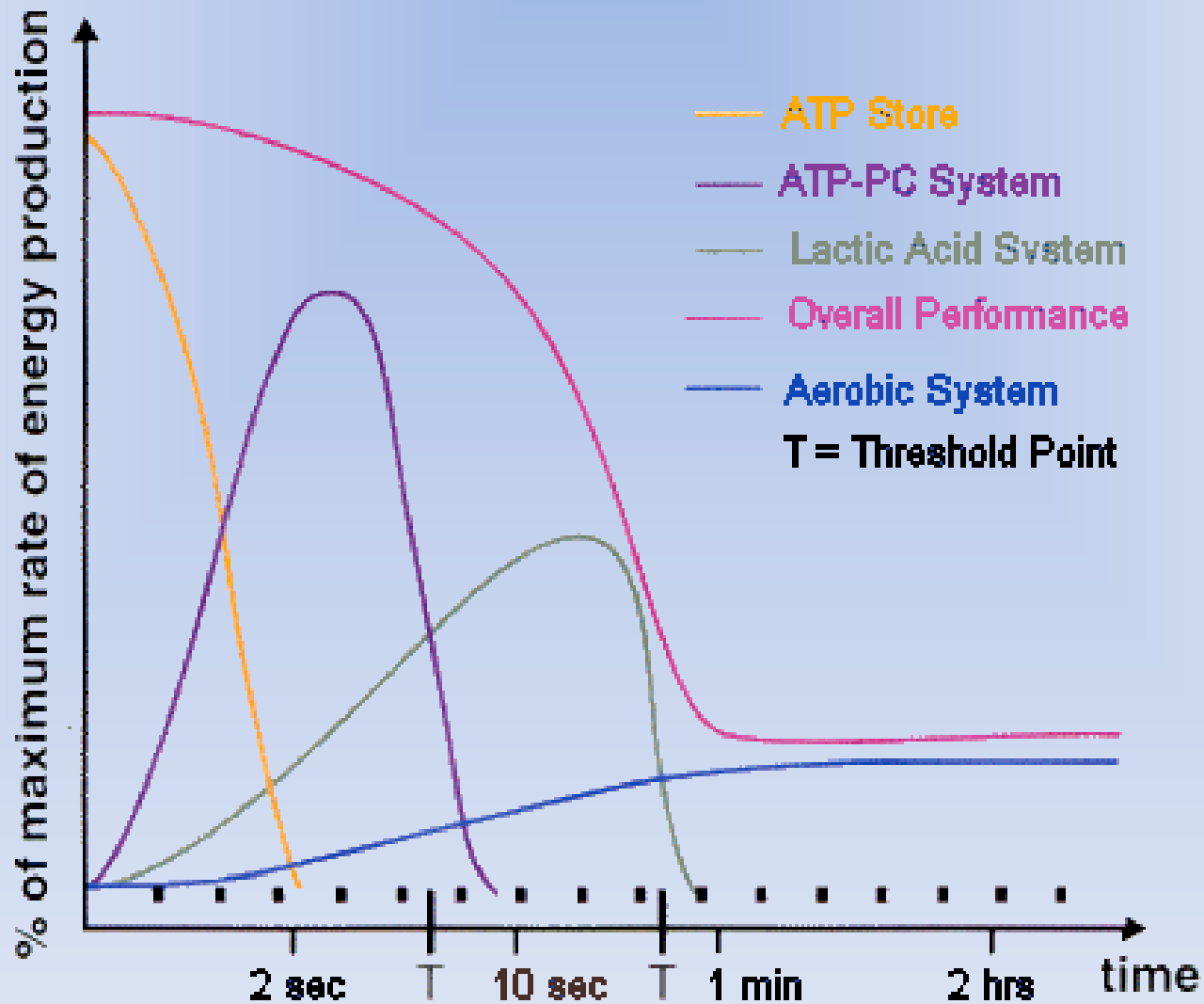
- Your Bike....
  - Upgrading
  - Comfort vs Speed
  - Weight vs Power/Weight (W/Kg)
- Indoor Training Equipment
  - Rollers
  - Turbo Training

# Sports Psychology

- Don't underestimate the internal "chimp"
- The FOUR C's
  - Commitment
  - Confidence
  - Concentration
  - Emotional Control
- Lots of useful techniques
  - 10/10
  - Mental Skills
    - Visualisation
    - Goal Setting
    - Positive Self Talk
    - Focused Breathing



# Physiology - Energy Systems



# Physiology - Benchmarking

- **The Functional Threshold Power (FTP) Test Protocol**
- 20 minutes at Zone 2.
- 3 minutes at Zone 4/5
- 5 minutes at Zone 2
- 3 minutes Zone 5- Supramaximal
- 5 minutes at Zone 2
- 20 minutes all-out – (***THIS IS THE ACTUAL TEST***)
- 10 minute warm down

# Training Zones/Approaches

- Borg Scale
  - Rider orientated and HR zones consistent
- Heart Rate

## ANDY RIDER'S TRAINING ZONES (BASED ON A PREDICTED MAX HEART RATE OF 181bpm)

Training Zone	%MHR	HR (bpm)	RPE
<b>Recovery</b>	<b>&lt;60%</b>	<b>&lt;108</b>	<b>0 - 1:</b> Extremely easy
<b>Zone 1:</b> Basic endurance	<b>60-65%</b>	<b>108 - 117</b>	<b>1:</b> Very easy
<b>Zone 2:</b> Endurance	<b>65-75%</b>	<b>117 - 135</b>	<b>2:</b> Quite easy
<b>Zone 3:</b> Tempo	<b>75-82%</b>	<b>135 - 148</b>	<b>3 - 4:</b> Moderate
<b>Zone 4:</b> Threshold	<b>82-89%</b>	<b>148 - 161</b>	<b>5 - 6:</b> Hard
<b>Zone 5:</b> VO2max	<b>89-94%</b>	<b>161 - 170</b>	<b>7 - 8:</b> Very Hard
<b>Zone 6:</b> Neuromuscular	<b>94% - 100%</b>	<b>170 - 181</b>	<b>9 - 10:</b> Extremely hard

- Power Metering

# Training Zones/Approaches

Component of Fitness	Intensity of Effort	Duration of Effort	Number of repetitions	Intensity of the recovery effort	Duration of the recovery	Number of sets of repetition
Aerobic Endurance	Zone 2-4	45-120+ min	1	Zone 1-3	N/a	1
Anaerobic Threshold	Zone 4-5	15-60 min	1-3	Zone 1-3	2-20min	1
Short Term Muscular Endurance	Zone 5- Supra Maximal	20sec-10min	2-6	Zone 1 off the bike	15-60sec	1-2
Strength	<90rpm Zone 3 – Supra maximal	1sec-60mins	1-5	Zone 1-3	2-20min	1
Speed	100-peak rpm Zone 1- Supra maximal	5sec – 60mins	1-10+	Zone 1	2-20mins	1-2
Peak Muscle Power	Supra - maximal	1-20sec	2-5	Zone 1 off the bike	2-20 mins	1-2

# Self Help

- The Inter-web...
- Other riders, club coaches etc.
- Many good books
  - Coggan and Allen
  - The Black Book
- **Find what works for you and above all SET YOUR GOALS...**

Thank You!!

Cake is now served,  
unless you have any  
questions....