



## **Coached Progressive Power Training on the CompuTrainer**

Whether you're training for road racing, mountain bike, triathlon, charity rides or just fitness and fun, we can help prepare you for a strong and successful 2013 cycling season.

### **Benefits of Coached Progressive Power-based Training on the CompuTrainer:**

- Increase your Functional Threshold Power,  $VO_2$  Max and cycling endurance
- Reach you cycling goals with limited training time
- USA Cycling licensed coach at every training session
- Customized, power-based workouts to maximize training value
- Small class size to ensure support and guidance to each cyclist
- Training specific to your position on your own bike
- Technique work to improve cadence and pedal stroke efficiency
- Education on your fitness and zones, training with power, nutrition and goal setting
- Fun, camaraderie and motivation of training with a group

### **Class Outline and Objectives**

#### **Session 1 – Base-building, Skills and Technique**

- Develop cardiovascular system
- Establish foundation for increased endurance, strength and speed
- Neuromuscular training and efficiency
- Pedal stroke economy and other skills training

#### **Session 2 – Threshold Training**

- Improve aerobic system to increase FTP and muscular endurance
- Begin  $VO_2$  max training
- Continue neuromuscular and skills training
- Improve hill-climbing abilities

#### **Session 3 – Speed and Sharpening**

- Develop anaerobic capacity
- Combine strength and leg speed for max power output
- Race-prep and tactics (road, triathlon, mountain bike)
- Speed-endurance and sprinting



## **Why the Three Sessions?**

The three 6-week sessions provided are consistent with a periodized annual training plan. The classes present a progressive training stimulus to build your base aerobic fitness and neuromuscular system before complementing those gains with improvements in top-end speed and other event-specific physiological adaptations.

## **What is the CompuTrainer**

The CompuTrainer system, it is a precision ergometer measuring wattage, heart rate and cadence. It enables the cyclist to become stronger and more efficient, improve power and speed and learn how to properly train to improve performance, technique and fitness. With the Multi-Rider system, 8 CompuTrainers are linked. All riders are performing the same workout but each at his or her own fitness level (based on the FTP test and associated power zones).

The CompuTrainer Coaching Software allows us to tailor each weekly class to your personal fitness and goals by creating training intervals based on a percentage of your Functional Threshold Power (FTP) as established in the free pre-session performance evaluation. So each rider is performing the same workout qualitatively, but not quantitatively.

The CompuTrainer set-up at Wheel & Sprocket is bar none. From the platforms for each bike to the fans and available accessories, they have it all. If your bike is equipped with a cadence-sensing computer, we can set it up to record and display on-screen with the rest of the CompuTrainer data. The same is true for your Polar heart rate monitor. Sensors for tracking these data are also available for purchase at Wheel & Sprocket.

## **Power-based Training Explanation and Evaluation of Functional Threshold Power (FTP)**

Power = work/time – in cycling that means the combination of your pedaling force and cadence (pedaling speed). Power in watts as measured by the CompuTrainer is a direct measure of the rate of work produced by a cyclist and an excellent gauge of training intensity.

Functional Threshold Power (FTP) is the maximum average power (watts) a cyclist can maintain over a one-hour effort. We use it as a measureable marker for performance and improvement in the sport. Your first session will be a performance evaluation to determine your FTP. After the test, we will use your FTP data in watts to establish your training zones to customize your workouts.



## **What about Heart Rate?**

If you have a Polar heart rate monitor, the data will be picked up by the CompuTrainer system and recorded along with your power values (and cadence if your bike is equipped with a cadence sensor). If you own another brand of heart rate monitor, we recommend you record and use those values in your training as well.

Whereas power is a direct measure of the amount of work you are doing, heart rate is an indirect measure of how you are responding to that load. The two measurements are both great tools when used together in your overall training program. However, they do not always relate. Heart rate varies based on dehydration, heat stress, fatigue, the inconsistent nature of riding with traffic, etc. So your body's heart rate response to a given power output can change day to day. Additionally, your heart rate response is not immediate, so when performing short, intense intervals in training, the heart rate response may not be evident until the interval is nearly complete. Measuring power and targeting specific wattage within a training interval removes the guess work from training. We know exactly how much work you are performing from start to finish, maximizing your valuable training time.

**Need more than once per week coaching? Looking to peak for a specific event? We offer customized training programs for the CompuTrainer or wherever you ride. Contact us at <http://cyclingskillscoaching.com>, on Facebook or email [sydney@cyclingskillscoaching.com](mailto:sydney@cyclingskillscoaching.com).**

*Learn more about CompuTrainer at <http://www.racermateinc.com/computrainer.asp>*