



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Great job Ann.....

.....these are not bad numbers given your weightespecially for this point in the power-usage process!

Now.....HERE ARE THE INTENSITY ZONES (WATTAGE BASED) THAT WE'LL GET GIVEN YOUR TESTED LTW SCORES:

Cycling Power zones (based on 25min LTW- TT= 234 watts):

Aerobic Wattage zones

Ez recovery-spin wattage-- sub-156 watts.....[sub-67% of LTW]

Base Endurance wattage -- 156 to 171 watts.....[67-73% of LTW]

Intensive Endurance wattage --171 to 187 watts.....[73-80% of LTW]

Race intensity Wattage zones

Half-IM wattage--187 to 204 watts.....[80-87% of LTW]

Olympic Distance wattage-- 204 to 211 watts.....[87-90% of LTW]

Sprint Distance wattage-- 211 to 218 watts.....[90-93% of LTW]

Threshold Wattage zones

Cruise Interval wattage --211 to 234.....[90-100% of LTW]

Threshold wattage --234 watts (as tested in 25min LTW TT).....[100% of LTW]

VO2max interval Wattage zones

Interval wattage..CP-12 --245 watts.....[LTW x 1.05]

Interval wattage..CP-6 --258 watts.....[CP12 x 1.05]

Interval wattage..CP-3 --271 watts.....[CP6 x 1.05]

[***note that these will change as we re-test & re-set the zones.]

ALSO, WE'LL BE ABLE TO ACCURATELY KNOW WHAT RACE-WATTAGES, (for any distance) YOU'LL SHOOT FOR BY KNOWING YOUR LTW (lactate threshold wattage).

NOW, YOU'LL SIMPLY TAKE THIS WATTAGE ZONE LIST.....COPY IT, CUT IT OUT AND STICK IT IN A ZIP-LOCK BAG (OR LAMINATE IT) AND KEEP IT W/ YOUR TRAINER (or on your bike's stem if you have a bike-mounted meter)& THIS WILL REPRESENT (for now) THE WATTAGE-BASED INTENSITY ZONES FOR YOUR SESSIONS.

**AND ONE OTHER THING....."CP" STANDS FOR "CRITICAL POWER".

NOTE THAT ANY ZONE THAT IS HIGHER THAN YOUR THRESHOLD INTENSITY (your LTW).....IS A MUCH



NARROWER INTENSITY ZONE THAT WE REFER TO AS CRITICAL POWER FOR A GIVEN DURATION OF A WORK INTERVAL.

SO, A CP-12 zone.....SIMPLY MEANS THAT XXX TO XXX WATTS REPRESENT YOUR "CRITICAL POWER" FOR A 12-MINUTE WORK-INTERVAL.

CP-3 EQUATES TO CRITICAL POWER FOR A 3-MINUTE WORK INTERVAL.

MAKE SENSE?

WE FIND THESE CRITICAL POWER ZONES SIMPLY BY APPLYING THE PREMISE THAT EACH TIME THE WORK INTERVAL IS CUT IN HALFTHE INTENSITY LEVELS IS RAISED BY 5% (x .05).

AS YOUR LTW IMPROVES (VIA PERIODIC ASSESSMENTS).....WE'LL HAVE TO RECALIBRATE EACH OF THE ZONES ABOVE.

ONE FINAL POINT.....& DONT MISS THIS.....THE GOAL IS ****NOT**** TO SOLELY IMPROVE YOUR LTW-VALUE.....BUT TO IMPROVE IT @ A GIVEN....or even lowered.....BODY-WEIGHT.

BECAUSE PRODUCING 5 MORE WATTS @ LT DOES NOT MAKE YOU FASTER IF YOU HAD TO GAIN 10LBS, even if it's muscle, TO DO IT.

GIVEN THIS, YOU BEGIN TO UNDERSTAND WHAT'S ****REALLY**** IMPORTANT TO PERFORMANCE IN CYCLING:

1)---GENERATING AS MUCH POWER AS POSSIBLE AT AS LOW A WEIGHT AS POSSIBLE.....INCREASING YOUR *****POWER-TO-WEIGHT RATIO*****.

2)---AND ****MAINTAINING OPTIMAL POWER OUTPUT FOR LONGER AND LONGER DURATIONS***** (if, in fact, the events we're training for are that long).

MAKE SENSE?

THE OTHER GREAT INFO THAT YOUR TEST GIVES US IS THAT YOUR OPTIMAL CADENCE IN RPM'S.....SO YOU SHOULD BERACING @ THAT TO GET THE MOST WATTAGE @ THE LEAST HR, lactate concentration ...& MUSCULAR FATIGUE.

Glad you enjoyed the test!! (*haha*).....we now have the data, and that's exactly what we wanted, here.

Sonni Dyer

Coach