

Coach-Athlete Q&A

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

Q: Hi Sonni, tomorrow is my LT wattage test...I need the instructions for the test.

A: ok.... here you go:

---be sure to warm-up w/ your bike on the trainer for 15minutes of easy spinning

--Also, make sure that you've got a fan to cool you, a towel to catch sweat, and haven't eaten in the past 2-3 hours (this is a 25min maximal test TT)

--When you're ready to begin, simply 'zero' out your trainer then begin your 25minute time-trial.

--Now, your goal is to evenly pace your effort so as to allow you to produce and average of the highest number of watts you can for the 25min duration.

--What you MUST record (& send to me) for the 25min TT is:

1-average wattage.....[or 'ave-normalized power' if doing this test outdoors]

2-average hr

3-average cadence

.....mph do NOT matter unless you ever have teh ability (and meter) to do this tt-test outside. The purpose of each of these gives us:

1-**average wattage**.....this is **the actual work you produced**

2-**average hr**.....this is the "**COST**", on you, of that work you produced

3-**average cadence**.....& this gives us **how you produced that work @ that cost**

.....and **if** we were out on the road, **average- mph** would give us the "**what we got from the work you produced**". (But indoors, that's a best guess anyway.....so it's too subjective to matter, because indoors and outdoor conditions just don't match up w/ useful data.)

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

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

- _ Ez recovery-spin wattage
- _ Base Endurance wattage
- _ Intensive Endurance wattage
- _ Cruise Interval wattage
- _ Threshold wattage
- _ Interval wattage..CP-12
- _ Interval wattage..CP-6
- _ Interval wattage..CP-3

STUDIO



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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 TACX 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.....(as promised)....."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 HALF.....THE 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 BODY-WEIGHT.

BECAUSE PRODUCING 5 MORE WATTS @ LT DOES NOT MAKE YOU FASTER IF YOU HAD TO GAIN 10LBS 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 BE RACING @ THAT TO GET THE MOST WATTAGE @ THE LEAST HR ...& MUSCULAR FATIGUE.

Enjoy the test!! (haha).....*sd*