

# Ride with Power

## Ride with Power and upload!

- Now you know your FTP and training zones
- Get out and ride your workouts and stick to the plan
- Each workout should have a goal and purpose..... and using a power meter will allow you to stick to the workout like glue. HR has a lag period during training but power is instantaneous. This is awesome as there is no delay and you can get into your correct training zone very quickly.
- After you ride **PLEASE** upload your data!



# Ride with Power

## Ride with Power and upload!

- Riding with power is great but there is so much more we can do with the data after it is uploaded to your computer using a power computer program
- I like using Training Peaks but there are many different programs available
- Training Peaks has 2 account type. Basic and Premium
- I highly recommend using the Premium for power analysis



# Stay up to date

## How much do you weigh?

- Weigh yourself before you conduct your FTP test
- I ask my athletes to do this first thing in the am after they wake up and after going to the bathroom. Get your weight without clothes on and then convert to Kg
- After you calculate your FTP you can determine your Watts / Kg
- I ask my athletes to weigh themselves every 1 – 2 weeks so that the Watts/Kg stays accurate



# Stay up to date

## Update your FTP

- Update your training program with your current weight and FTP so your training metrics will be true values
- Consider conducting a FTP test every 5 – 6 weeks to measure changes in bike fitness
- Remember your inside FTP will be *different* than outside!



# Upload your data!

## When should you upload?

- This can be a personal preference
- You can do this after every bike workout or once a week or another time period
- Technology is making this process easier and easier.  
For example bike computers synced to smart phones that in turn pass the information onto power software like Training Peaks makes this step super easy.



# Upload your data!

## When should you upload?

*For example...*

After a bike workout my data can be passed from my Garmin 510 to my iPhone very quickly and I can start reviewing the data right away

It's awesome!

Bike computers and watches using Bluetooth and Wi-Fi are making the upload process very easy



# Upload your data!

## Why should you upload?

- At some point in your training you will be curious at what you have done in the past.
- Looking at past performances is a very powerful way to see if your training is working
- I highly recommend adding post activity comments to each ride so that when you do look back at the data you will have a better picture of how the ride actually went.
- Believe it or not we forget how a ride felt 2 – 5 years ago. ;)



# Upload your data!

## Why should you upload?

Uploading your data is a great for race planning

Previous rides and / or races will help us set appropriate wattage goals for upcoming races

***For example:*** if you consistently hold 250 Watts in training while climbing hills you would want to stay around this value while racing

Trying to hold 350 Watts would not be a good idea



# Upload your data!

## START TODAY!



# Analyzing a workout

## What are the steps?

*Step 1:* Look at the planned workout.

What was the objective or goal of the ride?

*Step 2:* What it inside or outside?

*Step 3:* Look at post activity comments

What were your thoughts about the ride?



# Analyzing a workout

## What are the steps?

*Step 4:* Quickly look at Time, Distance, TSS, AP and NP. Anything odd?

Is the IF greater than 1.0? If so your zones will need to be adjusted

Does your TSS seem appropriate? Remember 100 TSS is all out for an hour

If you rode for 3 hours and your TSS is 400...something needs to be adjusted



# Analyzing a workout

## What are the steps?

*Step 5:* Look at Time in Zones (Power and HR)

*Step 6:* Analyze charts for trends such as pacing, smoothness and breaks

Did you complete the workout as planned?

If not....why not?

Too hard too early? Not hard enough? Etc.....



# Analyzing a workout

## What are the steps?

Step 1: Look at the planned workout. What was the objective or goal of the ride?

Step 2: What it inside or outside?

Step 3: Look at post activity comments – What were your thoughts about the ride?

Step 4: Quickly look at Time, Distance, TSS, AP and NP. Anything odd?

Step 5: Look at Time in Zones (Power and HR)

Step 6: Analyze charts for trends such as pacing, smoothness and breaks

