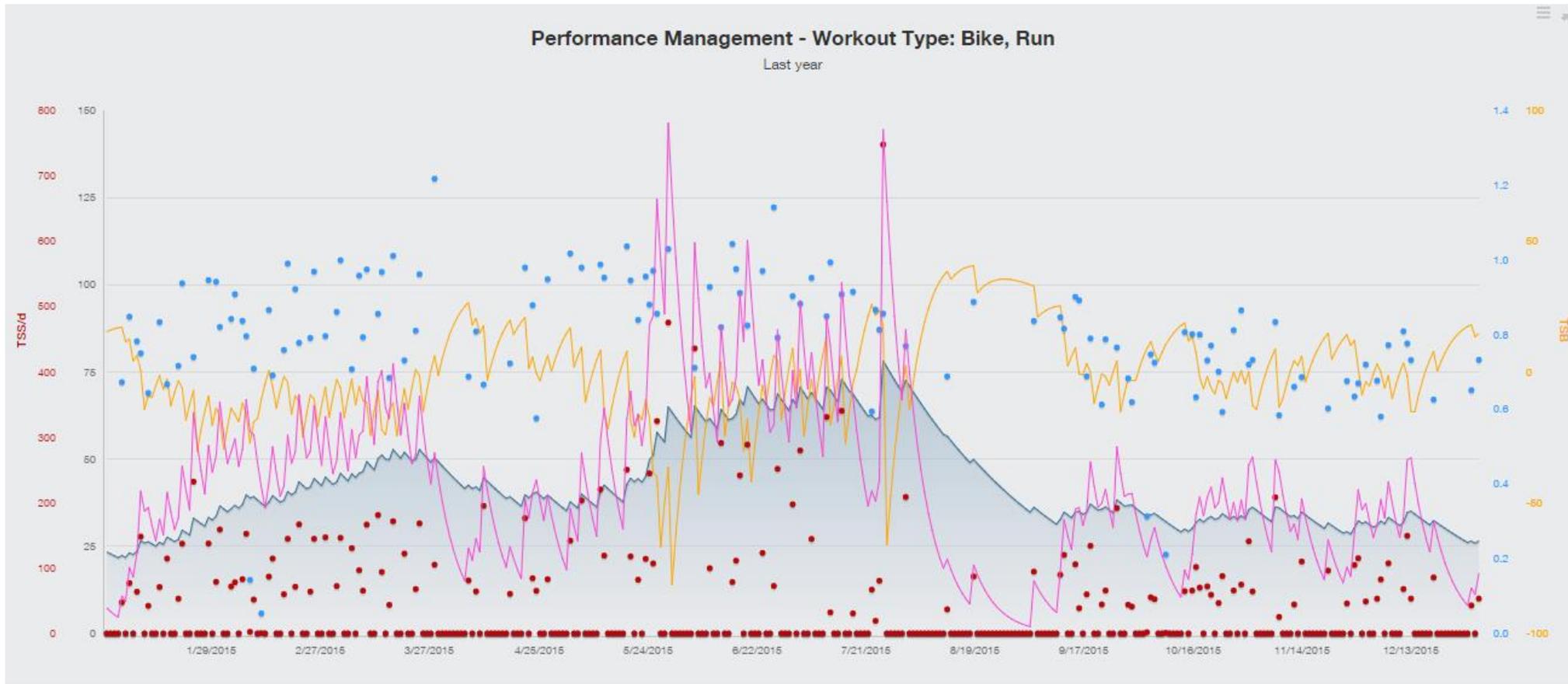


The PMC

Performance Management Chart (PMC)

-What is it?



The PMC

Performance Management Chart (PMC)

What is it?

It is a way to track your TSS over time

Where can you find it? In training peaks in the dashboard section

Why would you want to do that?

- 1) It is very helpful in planning the perfect training for your race
- 2) It will help avoid injury and sickness from overtraining

That sounds good....Right?

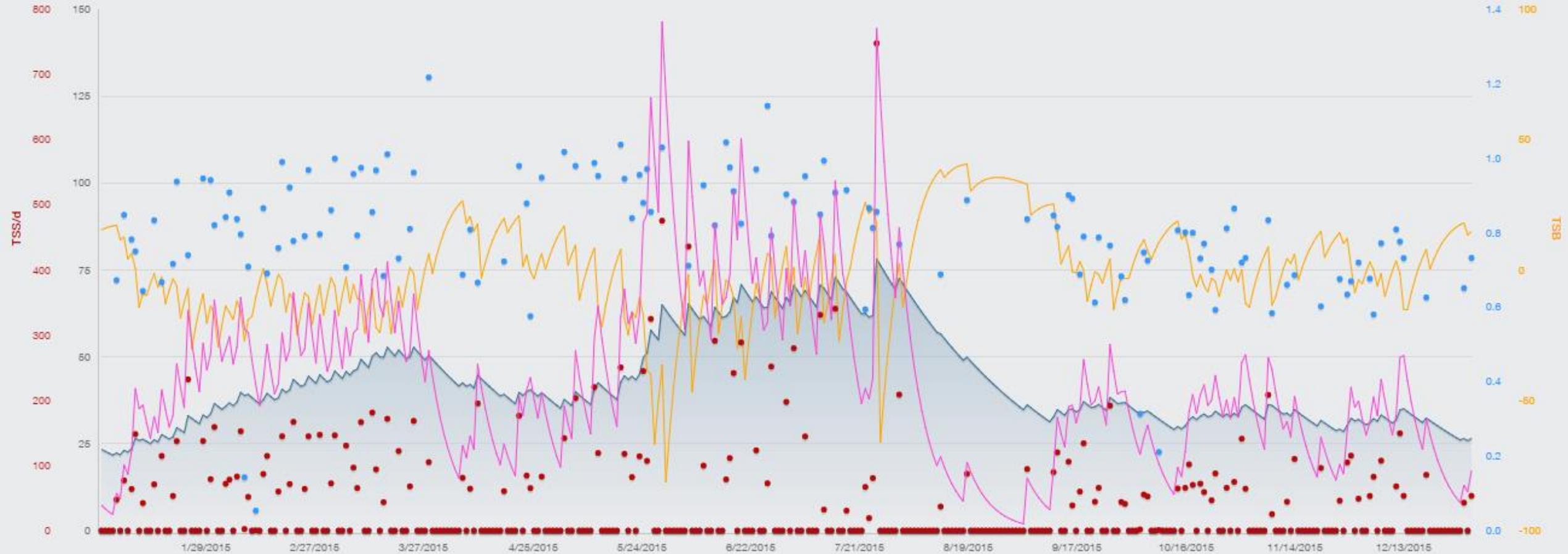
Every workout you complete you produce a TSS score

Over time as your TSS increases..... so does your fitness



Performance Management - Workout Type: Bike, Run

Last year



Can measure **FITNESS** using the Chronic Training Load (CTL)

Performance Management - Workout Type: Bike, Run

Last year



The PMC

Performance Management Chart (PMC)

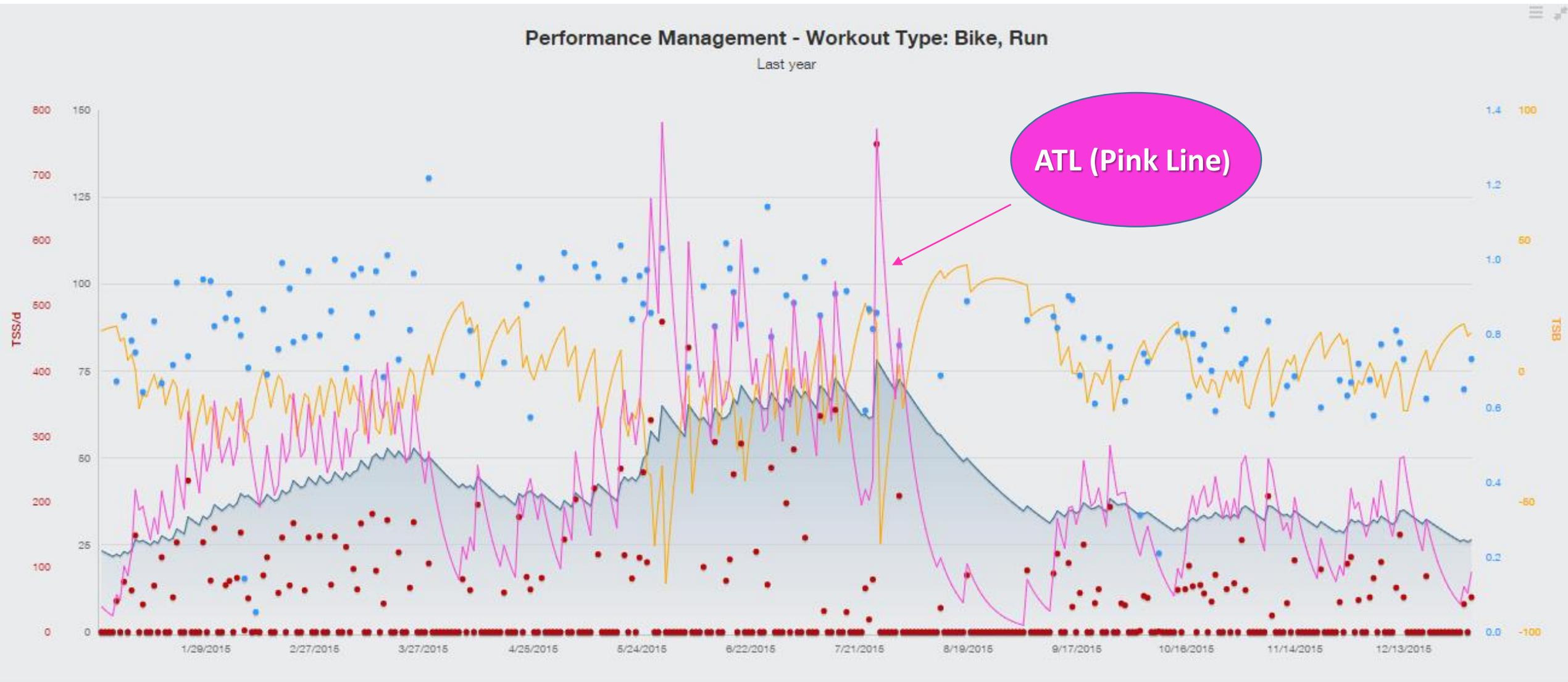
We can measure the overall long term effect of training (which is fitness) by using the Chronic Training Load (or CTL). (DARK BLUE LINE ON CHART)

-The CTL is the exponentially weighted moving average of the last 42 days of training

CTL = Fitness



Can measure **FATIGUE** using the ACUTE Training Load (ATL)



ATL = Fatigue

The PMC

We can't go crazy and train very hard to increase our CTL and ATL values

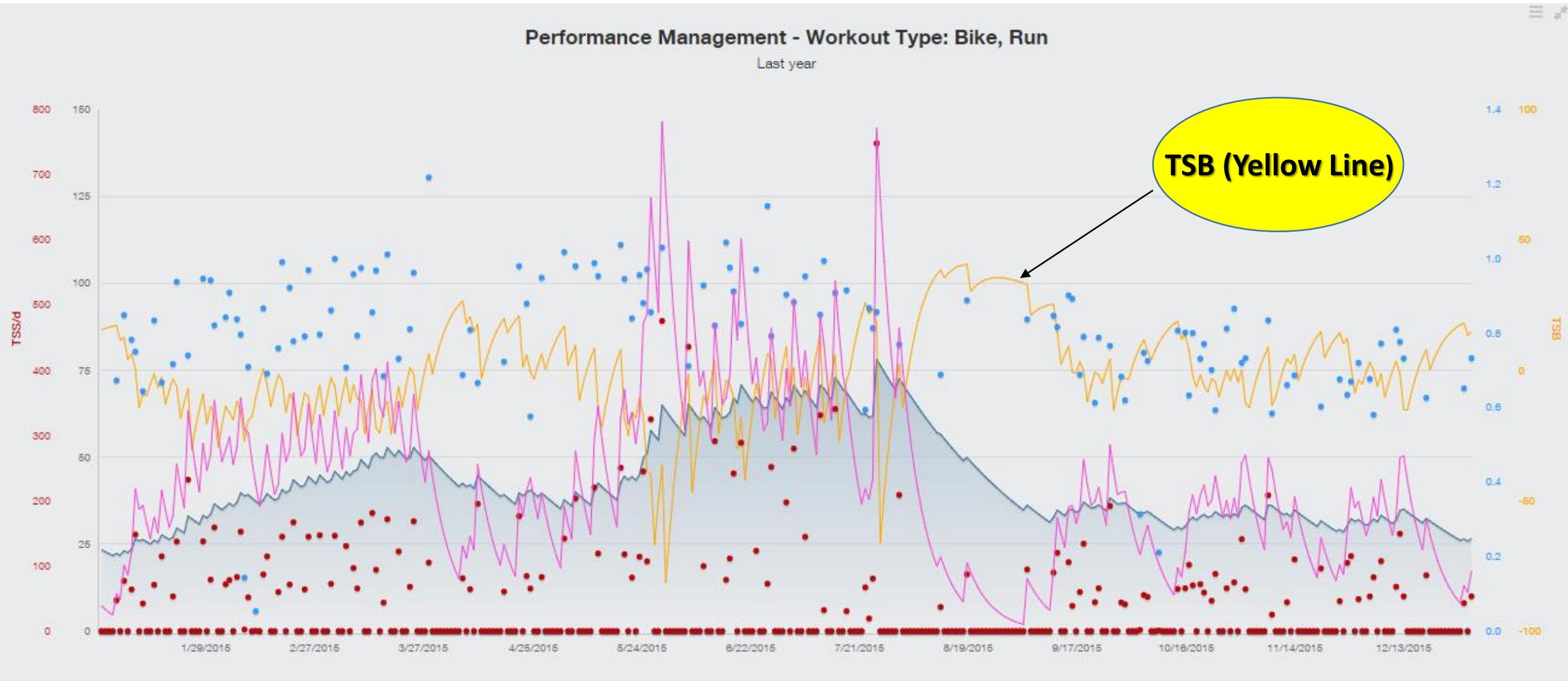
We need proper rest for our bodies to adapt

To measure our "FORM" we use the **Training Stress Balance (TSB)**

(YELLOW LINE ON CHART)



Can measure **FORM** using the Training Stress Balance (TSB)



$$\text{TSB} = \text{Fitness (CTL)} - \text{Fatigue (ATL)}$$

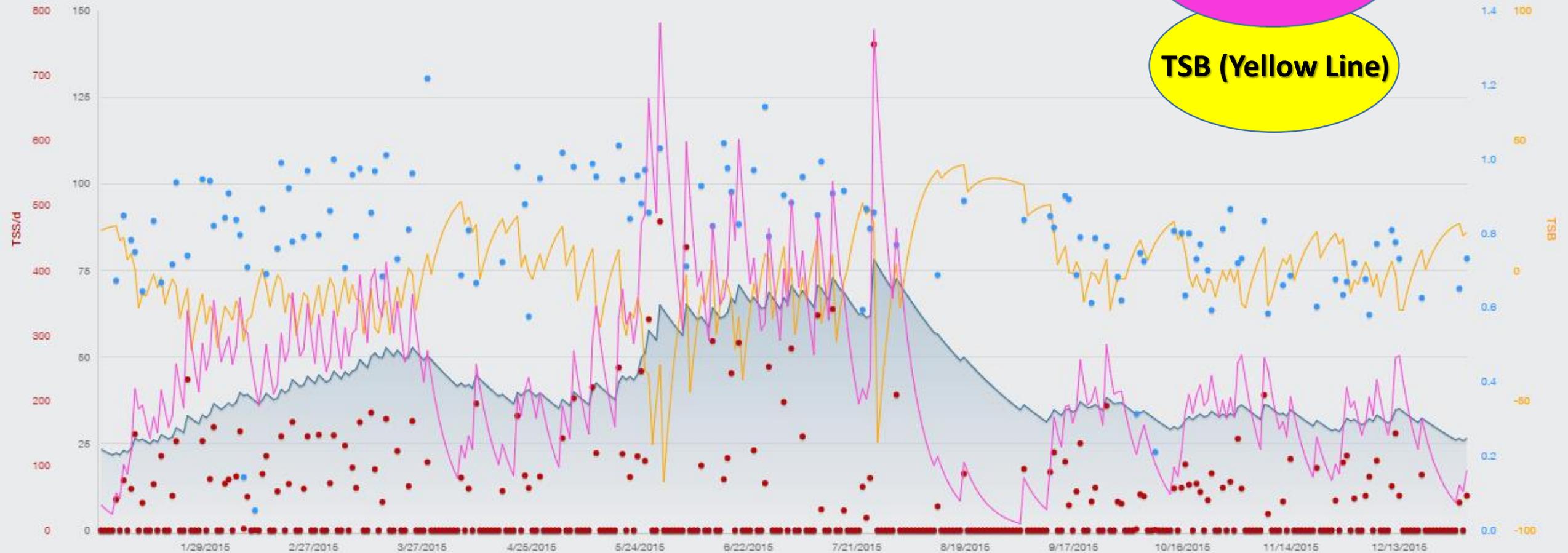
Performance Management - Workout Type: Bike, Run

Last year

CTL (Blue Line)

ATL (Pink Line)

TSB (Yellow Line)



The PMC

We can't go crazy and train very hard to increase our CTL and ATL values

We need proper rest for our bodies to adapt

To measure our "FORM" we use the **Training Stress Balance (TSB)**

(YELLOW LINE ON CHART)

The TSB is the combination of how fit and how fresh we are

$$\text{TSB} = \text{Fitness (CTL)} - \text{Fatigue (ATL)}$$



The PMC

Performance Management Chart (PMC)

Ok so now we know what the lines on the chart mean

CTL, ATL and TSB

-The red dots on the chart represents TSS for each day

-On days where you do not workout the red dot is at the bottom at zero

-The blue dots represent Intensity Factor (IF) and tells you how hard you exercised

Remember.... $IF = NP / FTP$

-When you look at your chart you should not see many (if any) blue dots above 1.0

-If your IF is above 1 this means that you went above and beyond your threshold

-this may be observed for very short events....like a 5 Km or shorter

-Sometimes you will see wrong values. You will need to look at each workout and determine why the value is wrong. It could be as simple as having the workout saved as a run when

In fact it was a bike.

-You may also see wrong values for instance if your computer continues to measure data even after you have stopped (like driving home in the car)



The PMC

TSB – Training Stress Balance

You will see negative (-) and positive (+) TSB values

A (-) TSB means that your ATL is greater than your CTL

A (+) TSB means that your ATL is lower than your CTL

When your TSB is at zero or near zero you are *in great shape and ready to race*



The PMC

How you can use TSB according to Joe Friel

TSB Zone 1 - High Risk Zone below -30 TSB - don't want to spend too much time here...Fatigue is high

TSB Zone 2 - Optimal Training Zone -10 to -30 TSB

TSB Zone 3 - The Grey Zone -10 to +5 TSB (stay away as not much training effect happens here)

TSB Zone 4 – The freshness Zone +5 to +25 TSB (where we want to be on race day)

TSB Zone 5 – The Transitional Zone Above +25 TSB (little to no training)

These zones will work for most athletes but adjustments will need to be made Based on experience

The PMC

By observing trends in your PMC you will be able to determine TSB levels where you tend to perform well and.... not so well (overtrained, sick or injured)

Use the PMC to plan for your perfect build and taper

You can do this by adding future workouts to your calendar and adding planned TSS values

