

Third Coast Training

Cycling Power Profile

Name: Dean McNeely

Date: AUGUST 2010'



Power Output

Test		WATTAGE	
	Actual	Ideal	
30s Wingate	1252		
VO2 Max		501	563
Anaerobic Threshold		401	479
Aerobic Threshold		260	335
Actual			
VO2 Max	280	-221	-283
Anaerobic Threshold	255	-146	-224
Aerobic Threshold	200	-60	-135

Third Coast Training

Cycling VO2 & Lactate Assessment

Name: Dean McNeely

Date: 28-Aug-10



ASSESSMENT RESULTS			
Stage	Power (watts)	Heart Rate	Lactate
1	130	130	0.73
2	160	146	1.08
3	190	156	1.69
4	220	167	2.72
5	250	175	4.93
6	280	185	8.38
7			
8			
9			

SUMMARY			
WEIGHT (kg)	83.64	TOTAL TIME (min)	17:00:00
HEIGHT (in)	75	RPM	85
HR _{peak} (bpm):	194	STAGE TIME (min)	3
W _{L2}	200	LAST STAGE COMPLETED	6
W _{L4}	240	AT (w)	280
W _{peak}	280	AT (W/kg)	3.35

Client reached muscle failure (not able to maintain rpm)

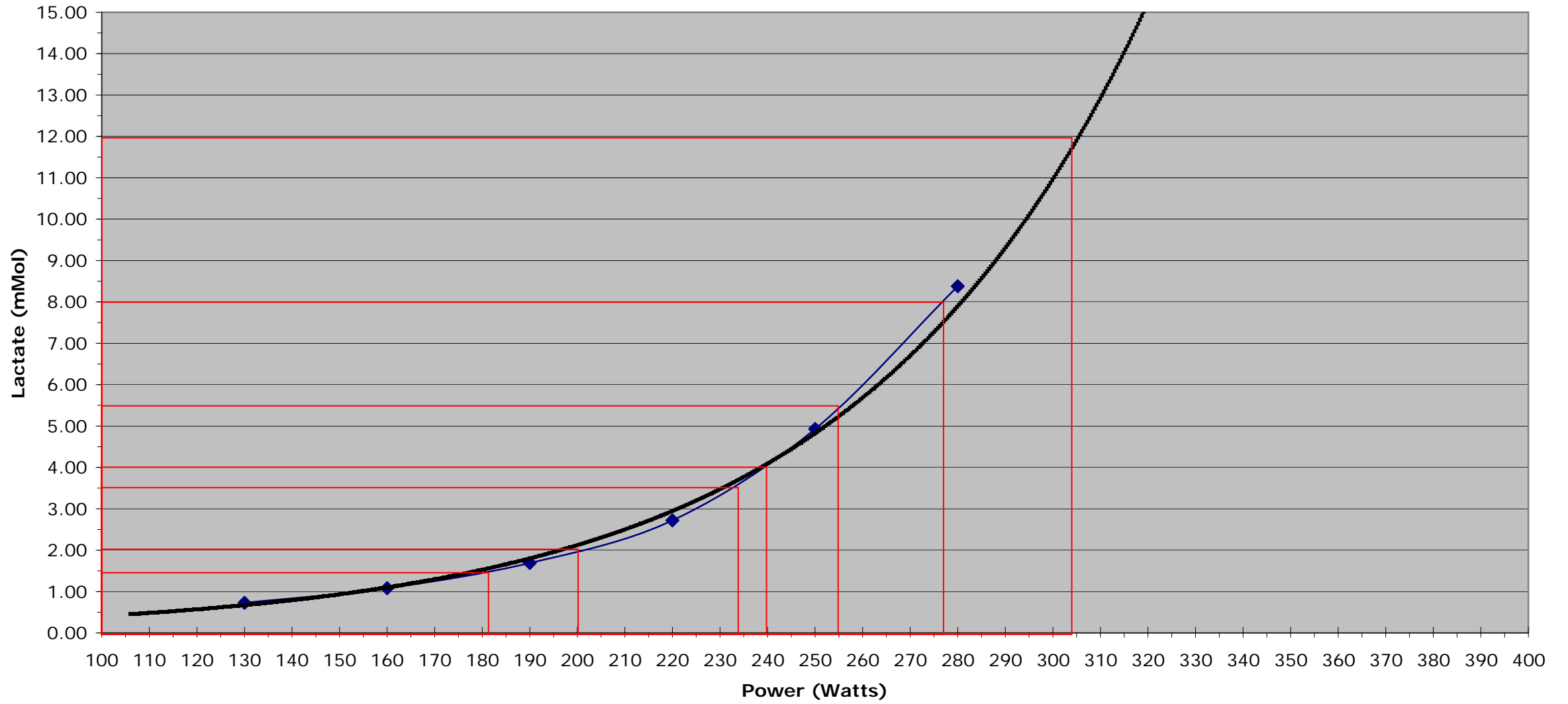
POWER TRAINING ZONES	
WATTS	
Zone 1	180-200
Zone 2	200-235
Zone 3	235-255
Zone 4	255-275
Zone 5	275-305

1.0-2.0
2 - 3.5
3.5- 5.5
5.5-8
8-12'

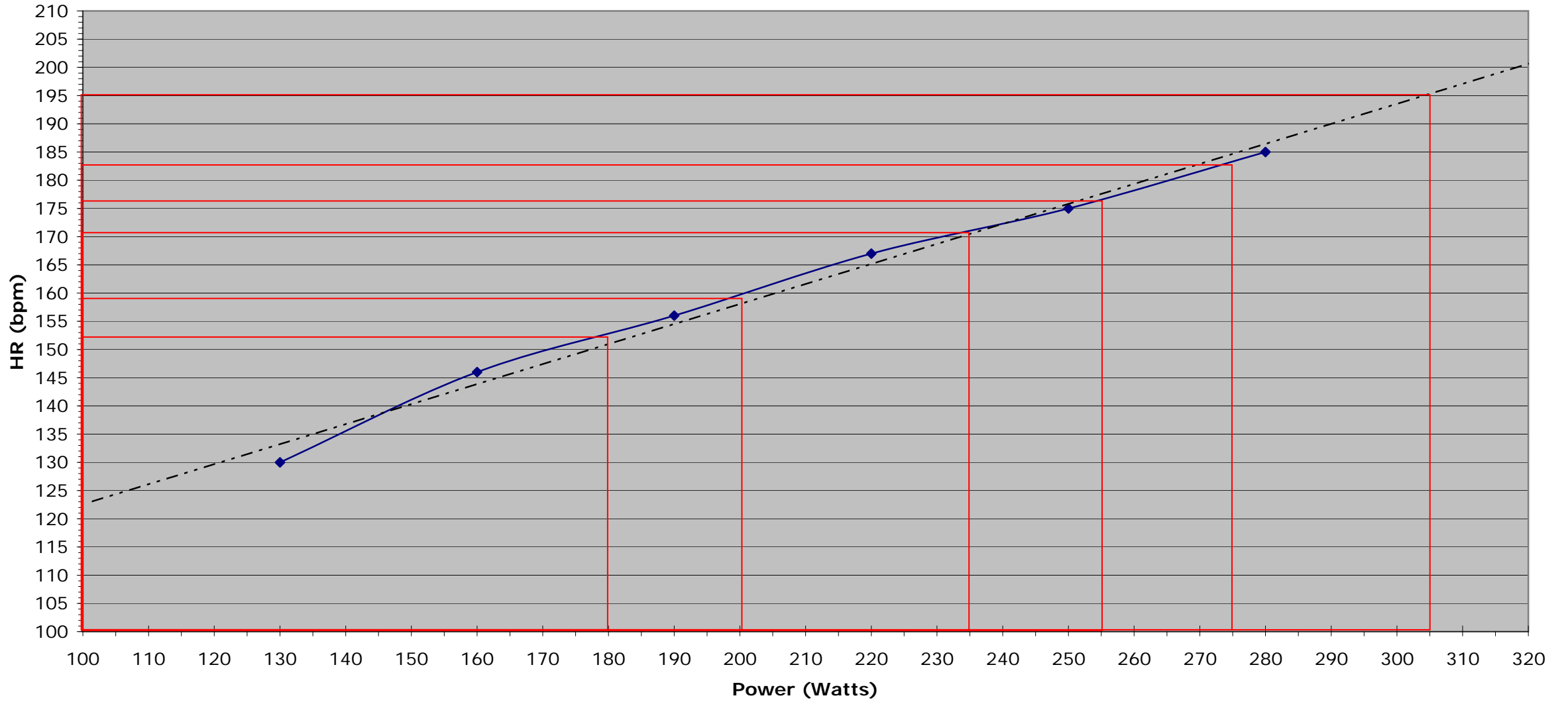
* refer to online data for heart rate zones

Lactate vs Power

$R^2 = 0.995$



HR vs Lactate



Third Coast Training

Endurance Specialist



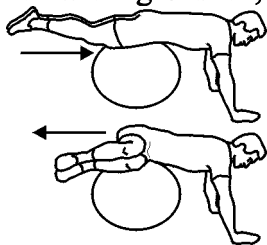
Strength Training (ST) – Days (Monday, Thursday)

Purpose/Description: The purpose of strength training is to improve your muscles' ability to generate force. This is important for cyclists because accelerating and sprinting require high force production combined with high leg speed. Poor acceleration and sprinting abilities will lead to poor results, even if you are aerobically fit. That is why it is important to develop your force generation capacity through strength training. A well designed strength program will also improve muscle balance and decrease your risk of injury. Select a resistance for each exercise where your last repetition will be difficult, but you can still maintain proper form. You should perform each exercise at a speed that allows you to complete one repetition in 2-4 seconds. Before starting each exercise, perform two warm-up sets with $\frac{1}{2}$ and $\frac{3}{4}$ of the weight you will be lifting. Do the same number of repetitions as you will do while lifting the full weight. It is only necessary to rest 1 minute between each warm-up set. After warming up, perform the required number of sets of each exercise, taking a full rest between each set.

ST

Exercise, Load, Volume, Rest in order.

1. Bench Press, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
2. Single-leg Lying Leg Curl, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
3. Twisting Crunch, Body weight 2 x 30 reps, 60 s between sets



4. Inverted Leg Press, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
5. Seated Row, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
6. Squat, Maximum for 12 reps 4 x 12 reps, 90 s between sets
7. Military Press for 12 reps 4 x 12 reps, 90 s between sets

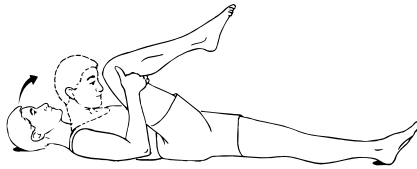
www.ThirdCoastTraining.com

Houston, Texas

713.487.7708

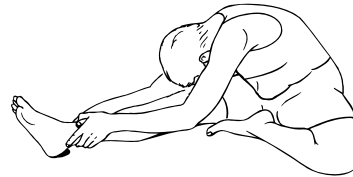


LOWER BACK - 1 Extensors / Gluteal



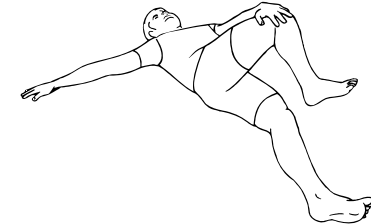
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 60 seconds. Repeat with other knee. Repeat 3 times. Do 1 sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 90 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 60 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

GROIN - 3 Thigh Adductors

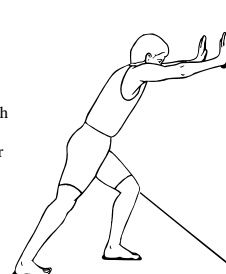
Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

LOWER LEG - 8 Gastroc

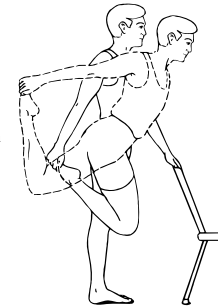
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

UPPER LEG - 6 Quadriceps

From starting position, raise leg until stretch is felt. Hold 90 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold 30 seconds. Repeat toward other shoulder.



Repeat 3 times. Do 1 sessions per day.