



Learning to Fish

Workshop 3

Building YOUR Plan

Part 1 - Components

What do you need to build a plan for 2022?

1. Set Goals & Objectives
2. Understand what's required to achieve them
3. Analyse your strengths & weaknesses
4. Assess your time & budget
5. Build strategies to overcome weaknesses & retain strengths that work within your constraints



Part 1: Components of your plan (Today)

- Event Demands
- Analysis of your strengths & weaknesses

Part 2: Mountain biking specifics (21 Dec)

- Event Demands
- Analysis of your strengths & weaknesses

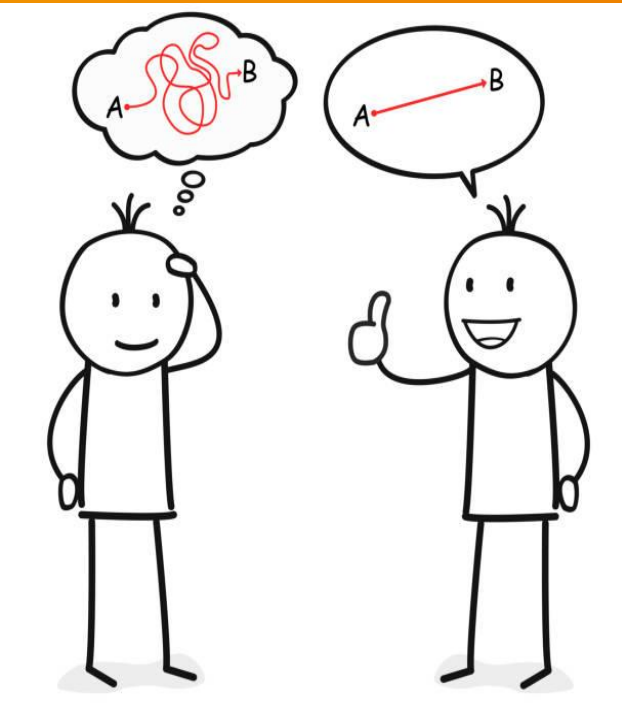
Part 3: Goals & SMART objectives (4 Jan)

- What?
- How?

Part 4: Your 2022 plan (11 Jan)

- Template
- Additional resources

Review with coach (Zoom or Saturdays) (ongoing)



Event Demands

1. Physical (power/drag, sprint speed, endurance...)

2.

3.

4.

5.

6.

7.



Event Demands

1. Physical (power/weight, sprint speed, endurance...)
2. Equipment (TT-bars, tyres & pressure, bike fit...)
3. Nutrition (pre-race, on-the-bike, stage race...)
4. Skills (aerodynamics, cornering, group riding...)
5. Tactics (warm-up strategy, pacing, sprint distance...)
6. Recovery (between sessions, stage racing, sleep...)
7. Mental (resilience, growth mindset, contingency...)



Analysing Strengths & Weaknesses

1. Physical (4DP 5 sec, 5, 20 & 1 min, S & C off-the-bike)
2. Equipment (Measure change? ROI? Free speed?)
3. Nutrition (Confidence in your TESTED plan)
4. Skills (List, measure & score required skills)
5. Tactics (List, measure & score tactical readiness)
6. Recovery (How much is optimal? How to improve?)
7. Mental (Race day checklist, contingency plans?)





See you in Zwift !

7:30 start with Martin and Duncan