



Learning to Fish

Workshop 14

Measuring Effort, Pacing & Warm-ups

The Strongest Don't Always Win



- You have a “fixed” level of resources any given day
- How you perform depends on how you use them
- Hence, measuring effort, pace judgement & warm-up

Measuring Effort

- What tools do we have?
- Power, HR, Speed, Blood lactate, Perceived Effort
- Pros & Cons
- How can I measure “Perceived Effort”?

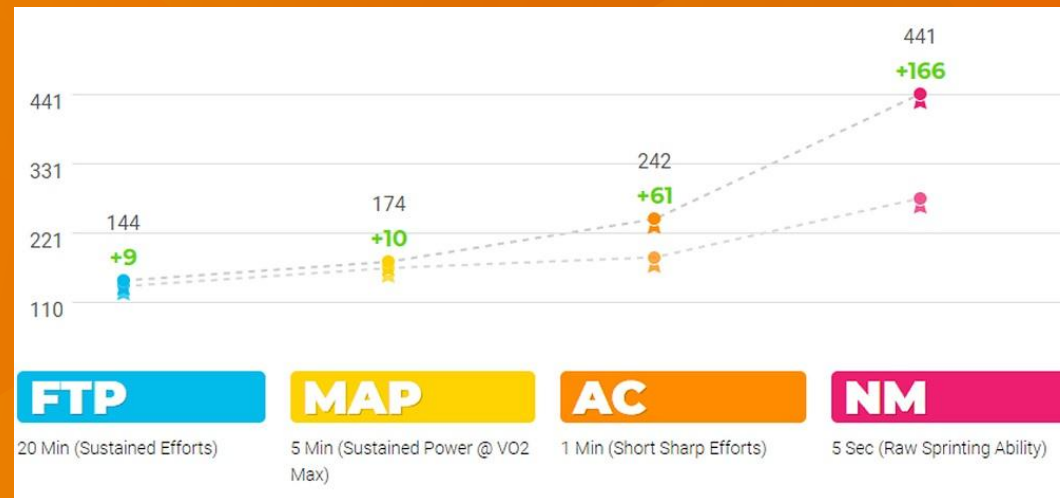
<https://www.frontiersin.org/articles/10.3389/fphys.2017.00922/full>



Respiratory frequency (fR) is emerging as a valuable measurement for training monitoring. Unlike other physiological variables, fR responds rapidly to variations in workload during high-intensity interval training, with potential important implications for many sporting activities

How can you Calibrate your efforts?

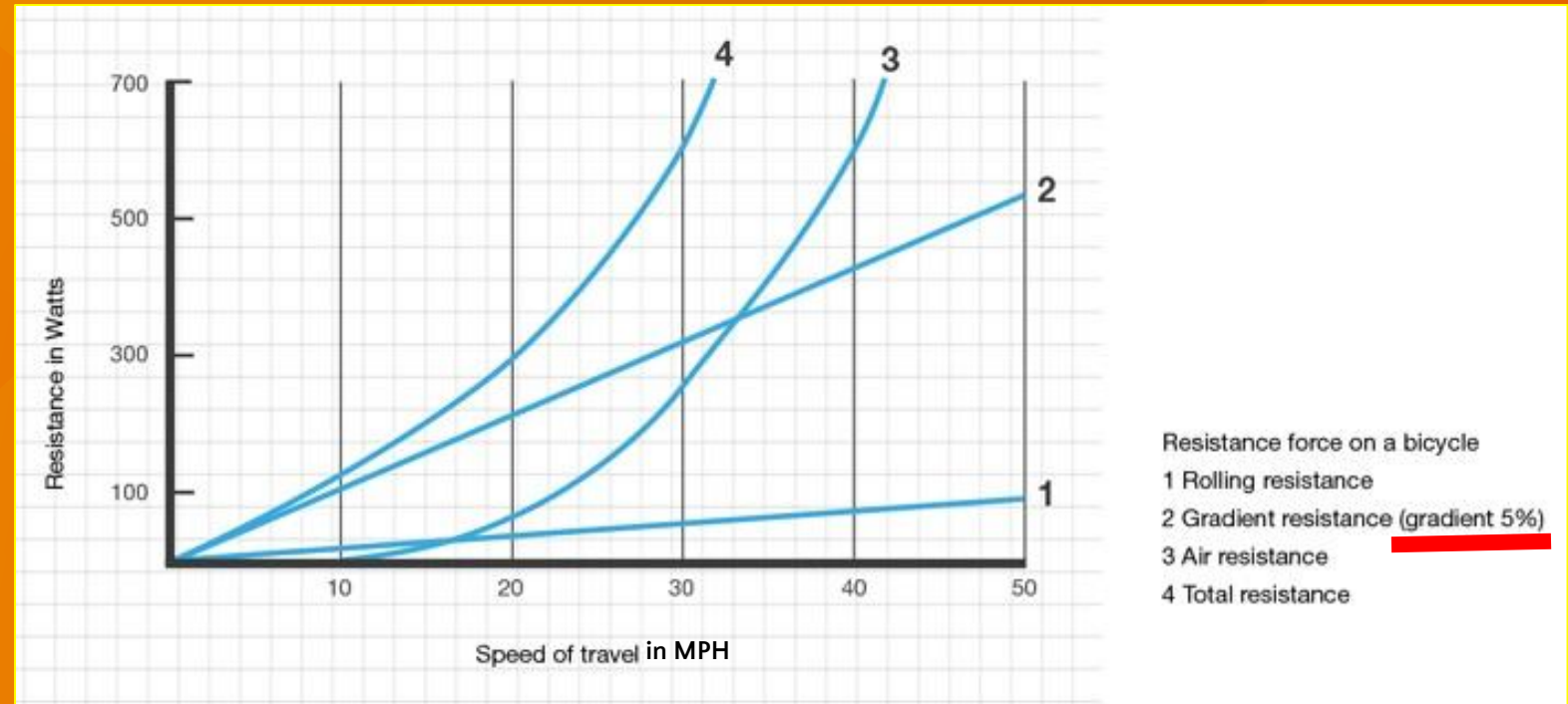
- Green / Amber / Red Zones
- FTP Test
- 4DP Test



- Sprinter, Classics specialist, Time-trialist, ...

Pacing: How do I use my energy “budget”?

- What forces do we overcome in cycling?



- Push, Steady or Back-off on hills?
- Push, Steady or Back-off into a head wind?

One Warm-up to rule them all?

- Get body ready for the SPECIFIC event demands
- Get your head in the game
- Muscles at working temperature, but HR down

1. 10 min steady, 2 x 3 minute efforts in amber, Recover
2. 10 min steady, spin-ups, 2 x 5 second efforts, Recover
3. 10 min steady, 2 x 1 minutes in amber, 2 x 5 second, Rec.
4. 10 min steady, 2 x 2 minutes in amber, spin-ups, Recover



Thinking Racer beats Stronger Racers

Mohoric will have been studying who chased when others attacked,

who was unwilling to work,

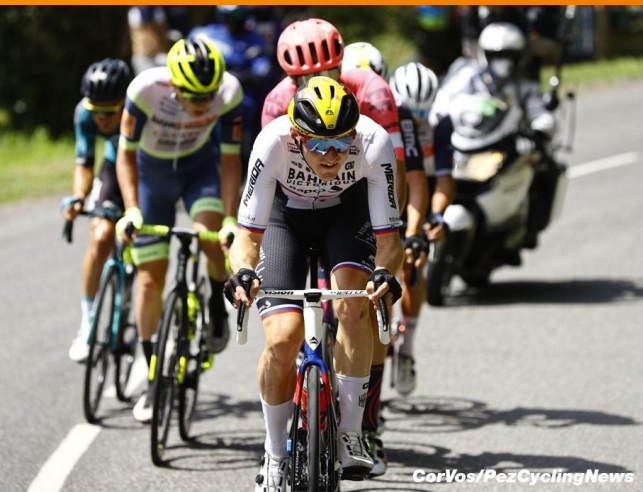
who might have been soft pedalling on the front etc.

He'll have watched others attack first,

gambling (or observing) that they'll be brought back,

studying the response,

then timing his dig to perfection





See you in Zwift !

7:30 start with Martin and Duncan