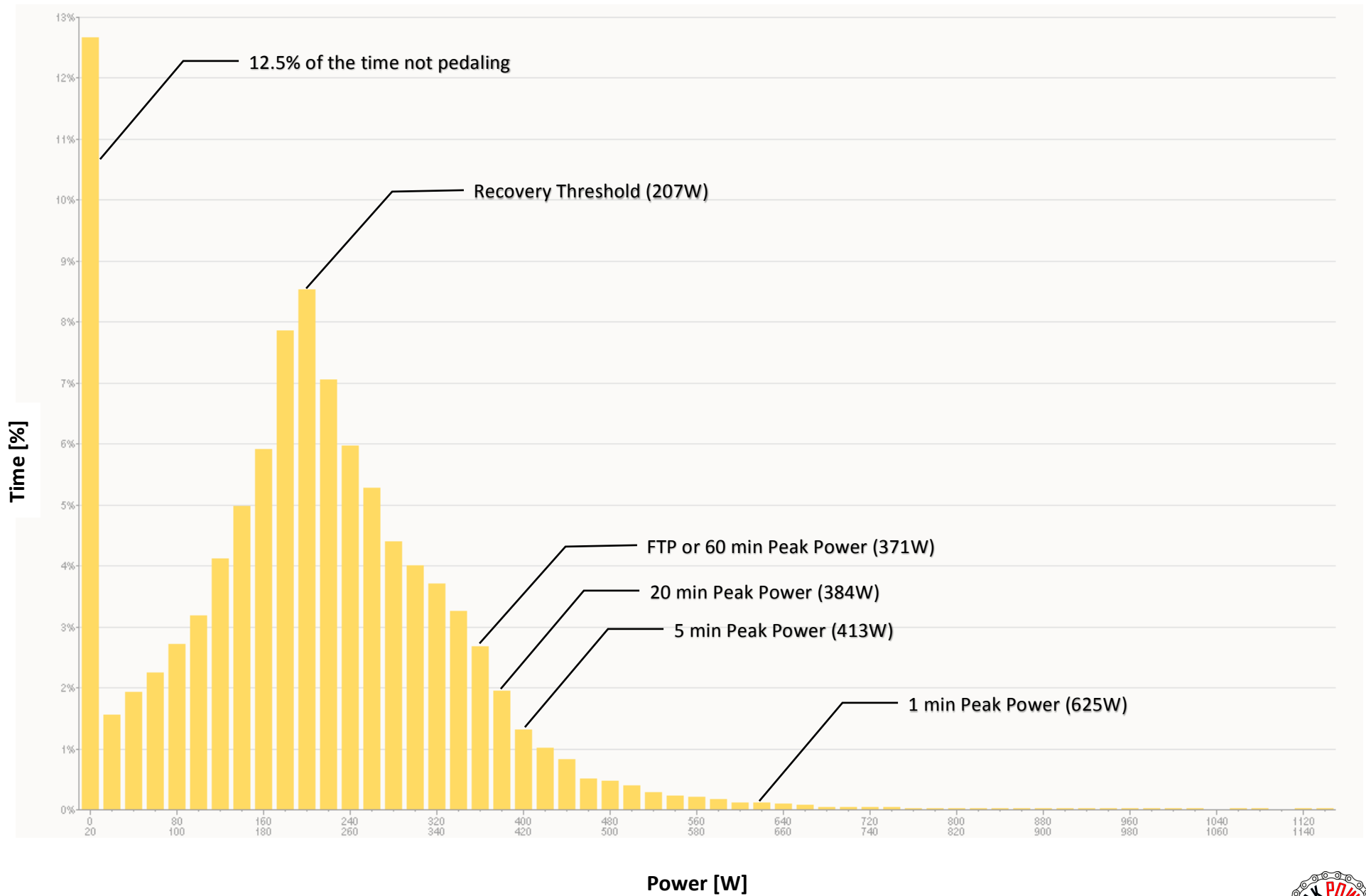
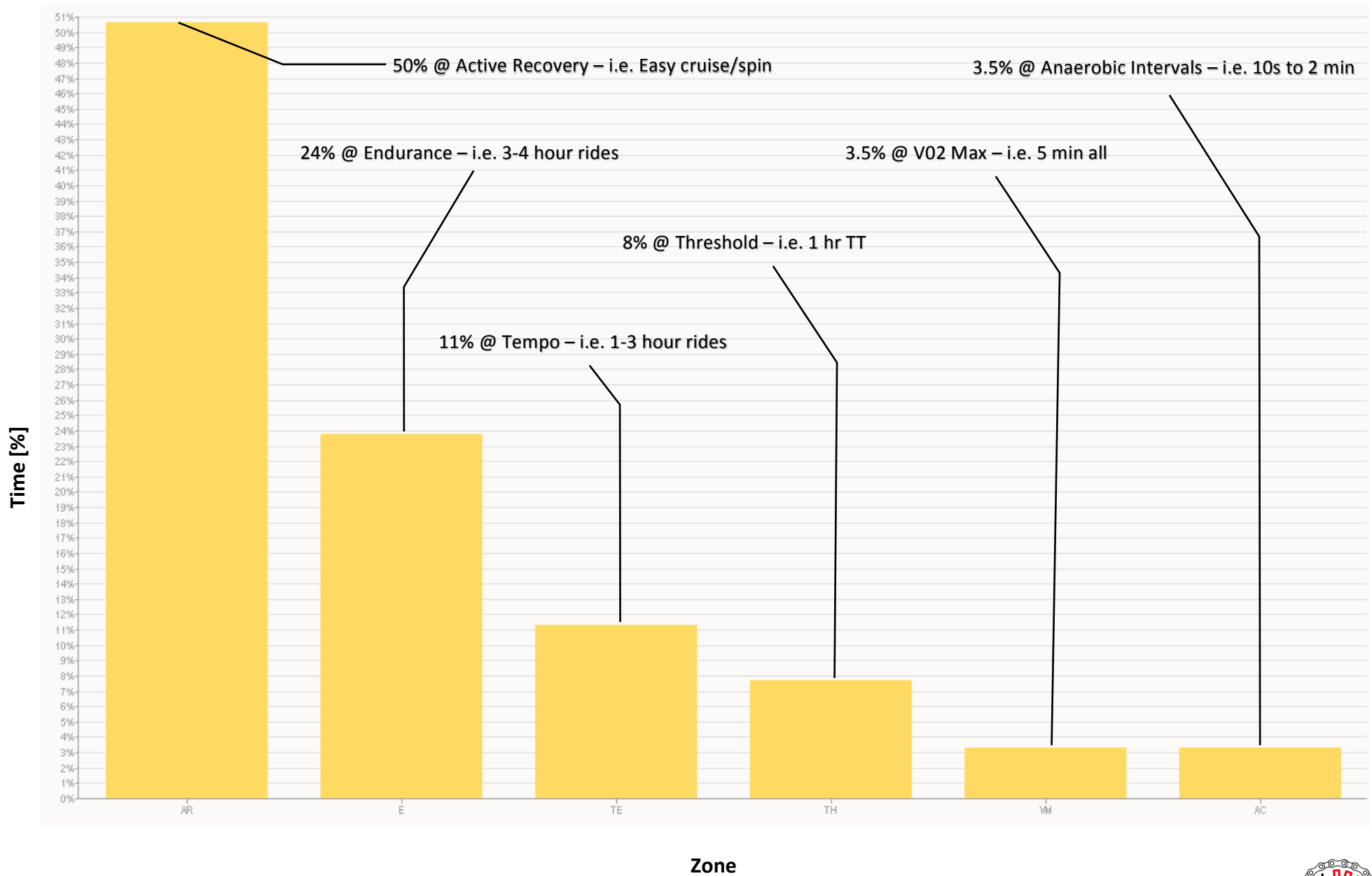


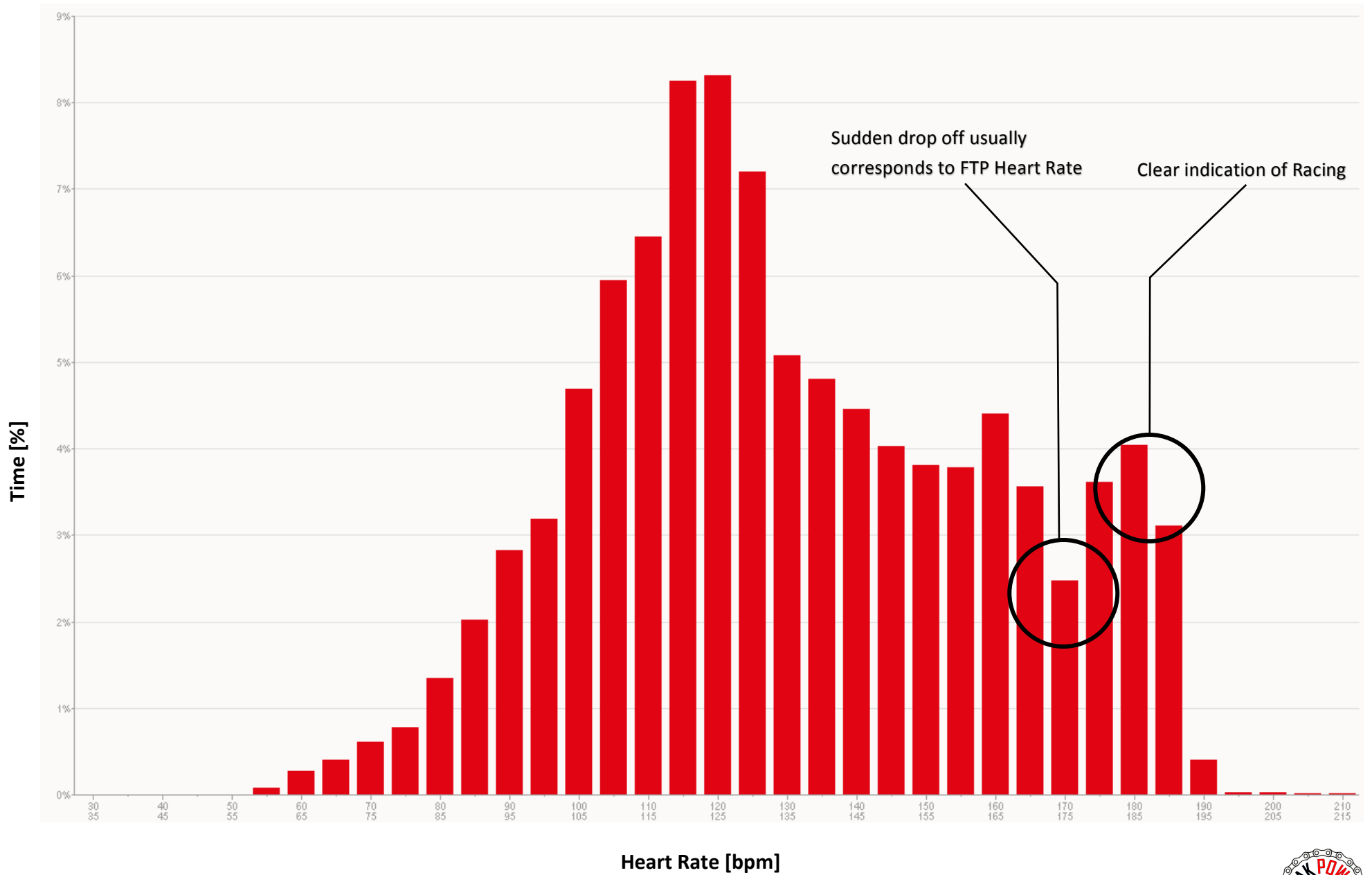
Power Distribution - Last 28 Days



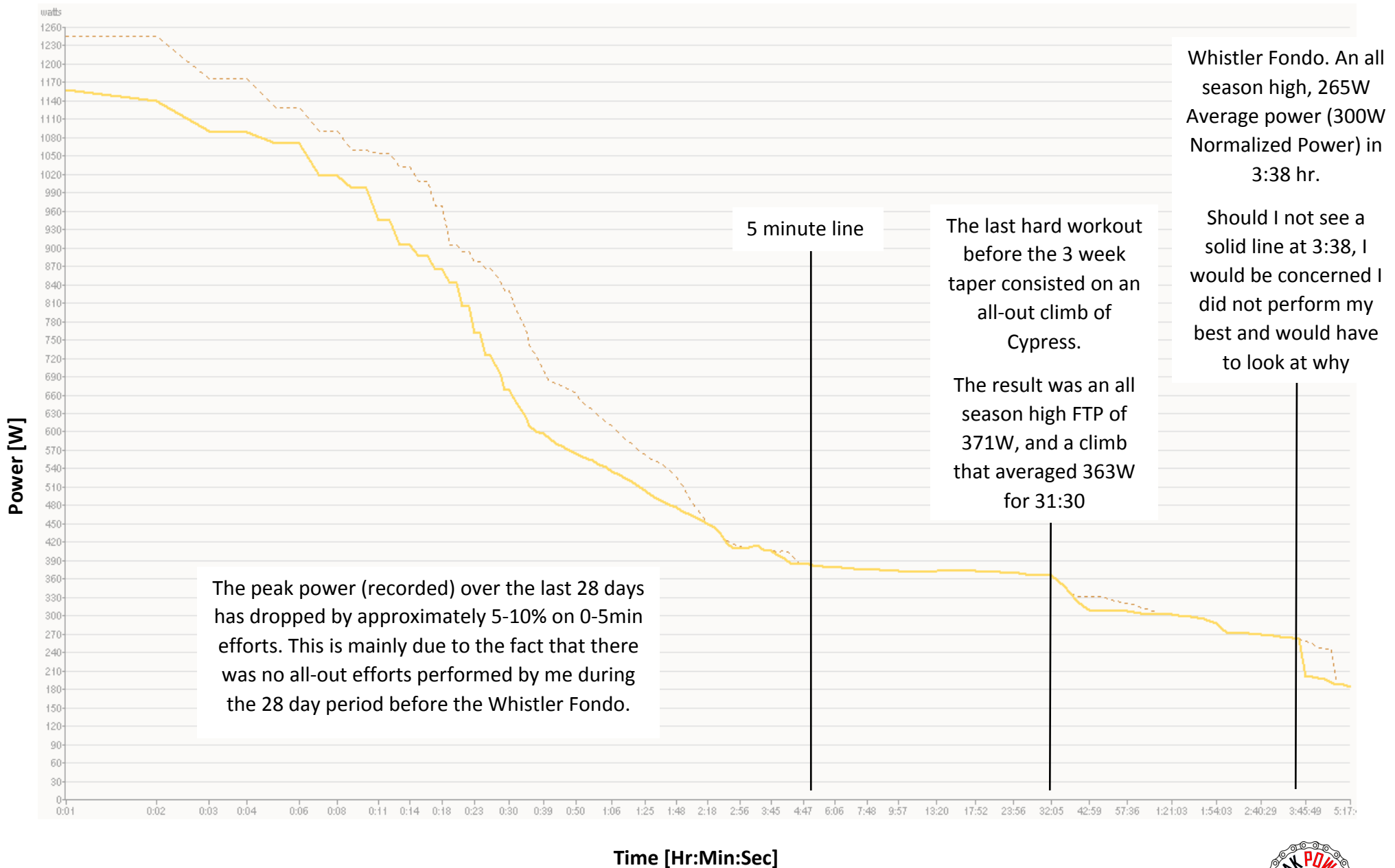
Zones Distribution – Last 28 Days



Heart Rate Distribution – Last 28 Days



Peak Power Profile – Last 28 Days (Solid) and All Season (Dashed)



The peak power (recorded) over the last 28 days has dropped by approximately 5-10% on 0-5min efforts. This is mainly due to the fact that there was no all-out efforts performed by me during the 28 day period before the Whistler Fondo.

5 minute line

The last hard workout before the 3 week taper consisted on an all-out climb of Cypress.

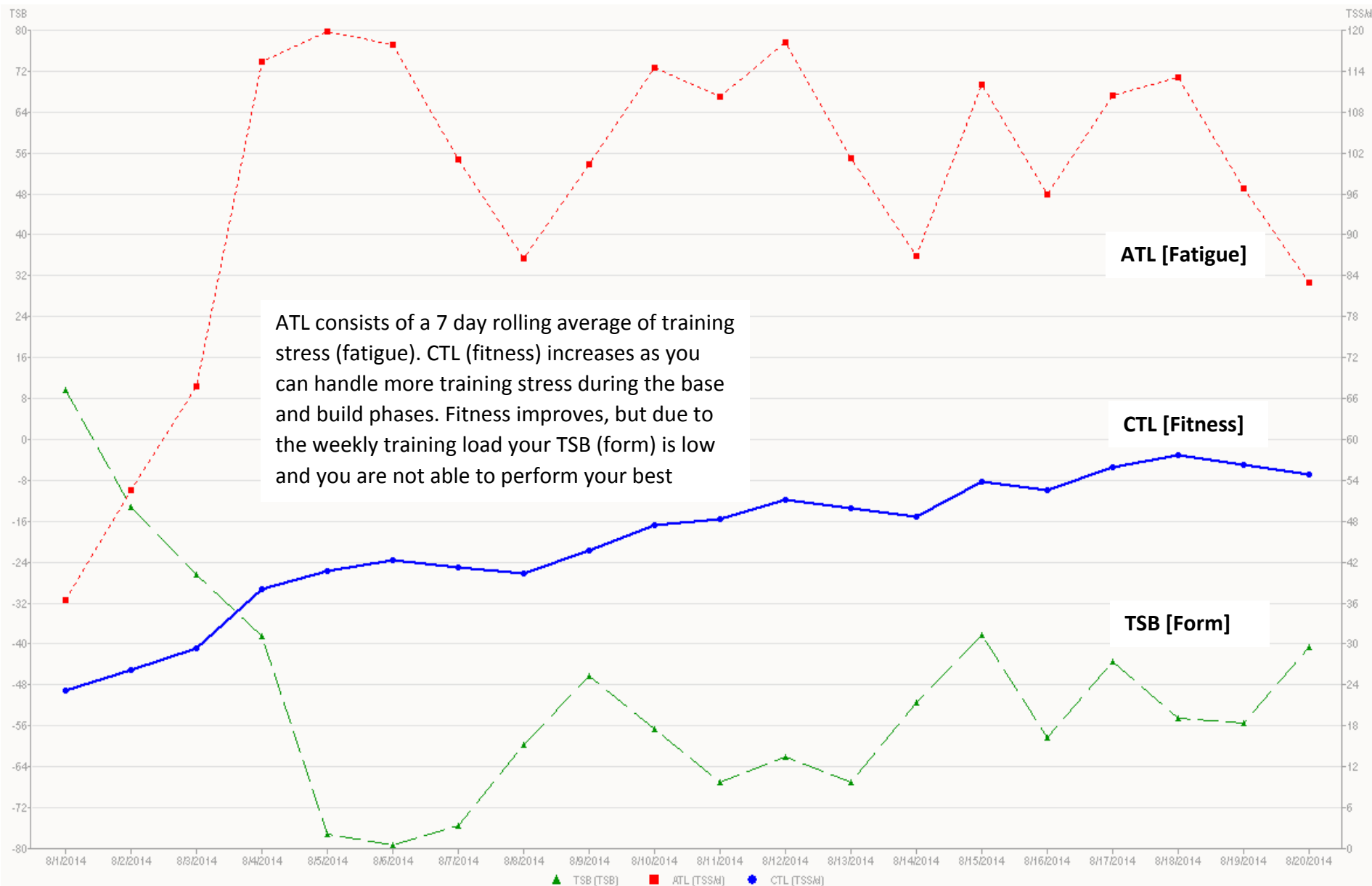
The result was an all season high FTP of 371W, and a climb that averaged 363W for 31:30

Whistler Fondo. An all season high, 265W Average power (300W Normalized Power) in 3:38 hr.

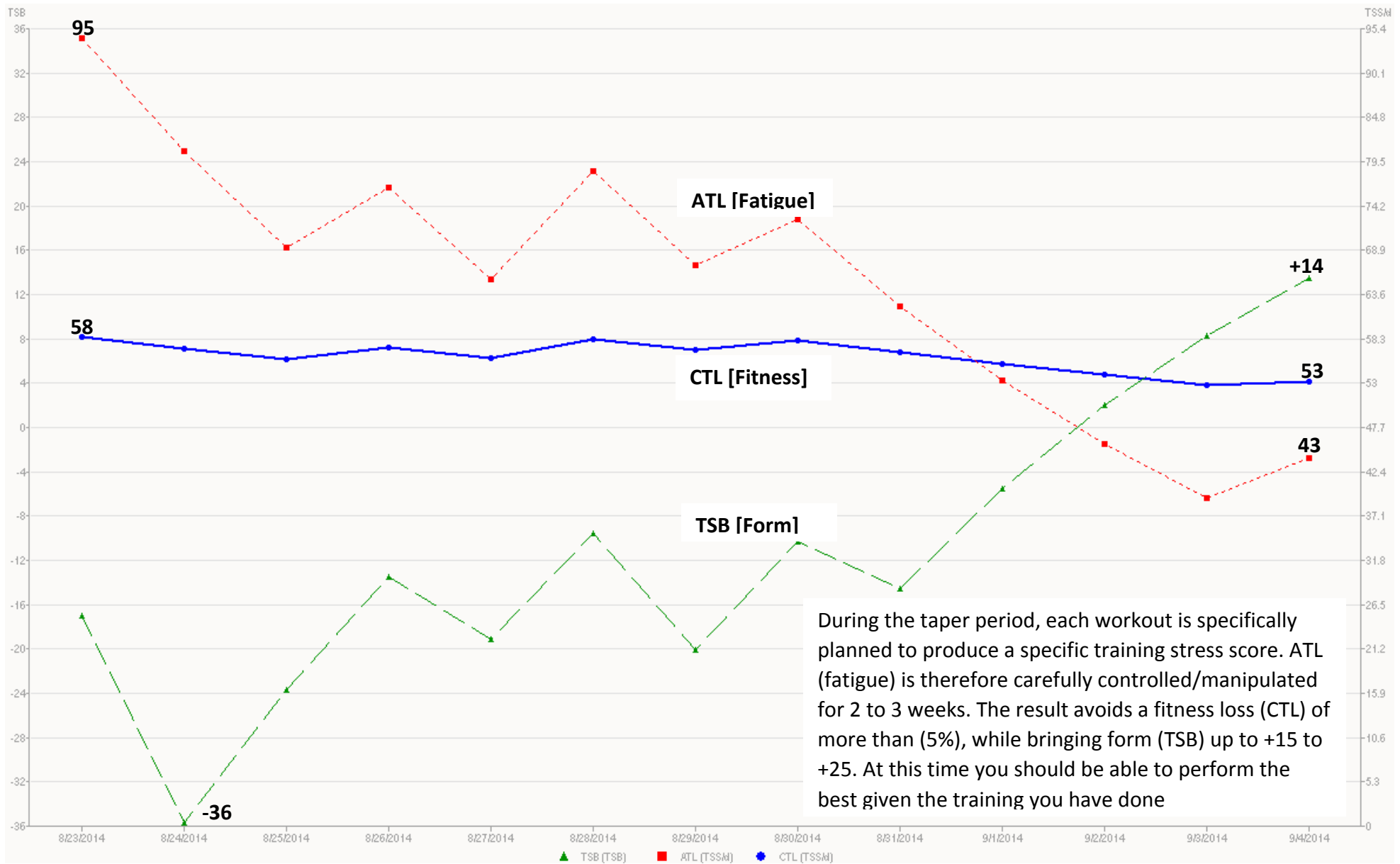
Should I not see a solid line at 3:38, I would be concerned I did not perform my best and would have to look at why



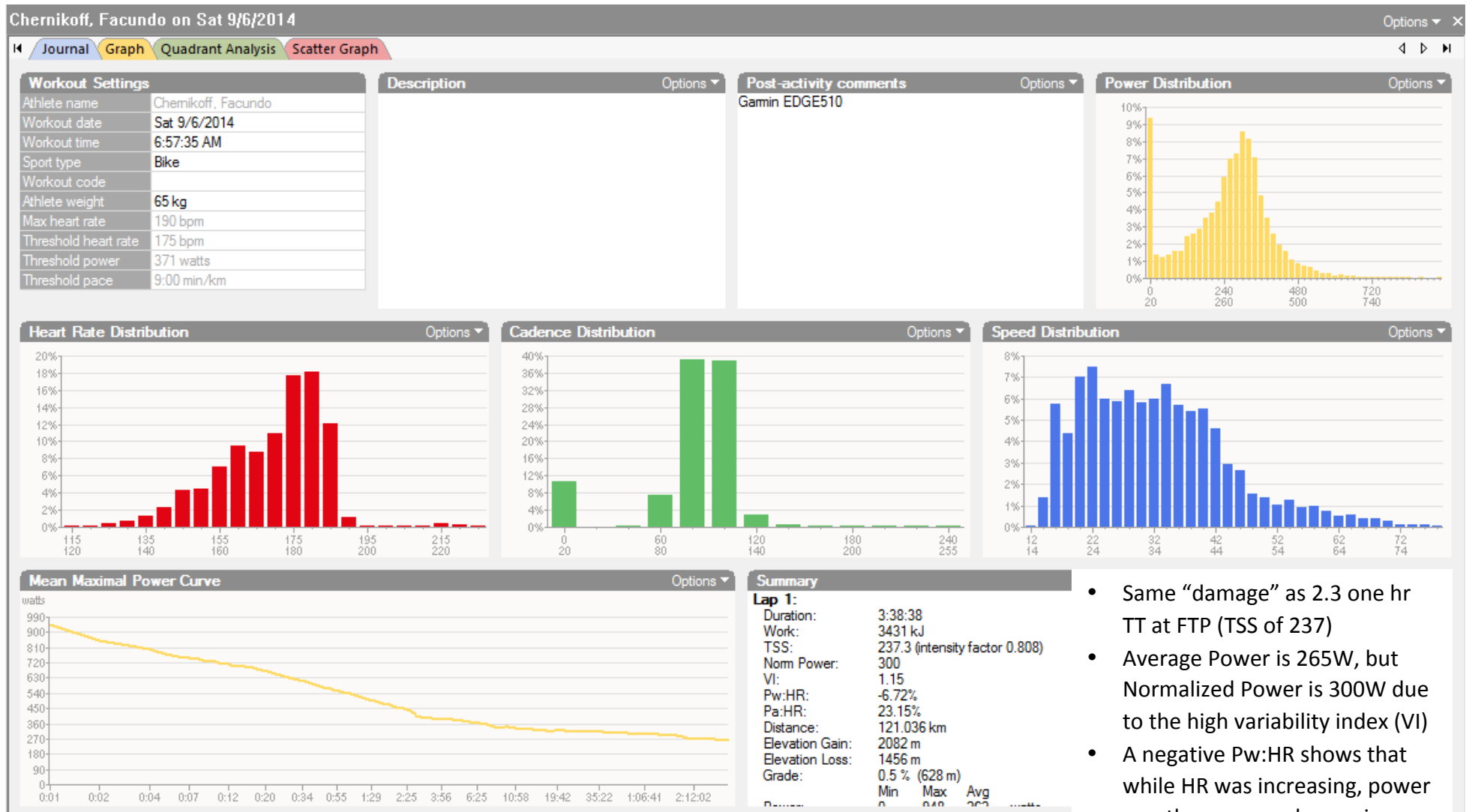
Chronic Training Load, Acute Training Load, and Training Stress Balance – August 1st to August 20th



Chronic Training Load, Acute Training Load, and Training Stress Balance – August 21st to September 5th



Whistler Fondo – Basic Race Summary



- Same “damage” as 2.3 one hr TT at FTP (TSS of 237)
- Average Power is 265W, but Normalized Power is 300W due to the high variability index (VI)
- A negative Pw:HR shows that while HR was increasing, power was the same or decreasing through the race. Also an indicator of pushing the limits



Whistler Fondo – Power, Cadence and Speed Ranges

Ranges Bar	
	Lap 1
<input type="checkbox"/>	Entire workout (262 watts)
<input type="checkbox"/>	Peak 5s (771 watts)
<input type="checkbox"/>	Peak 10s (725 watts)
<input type="checkbox"/>	Peak 20s (671 watts)
<input type="checkbox"/>	Peak 30s (625 watts)
<input type="checkbox"/>	Peak 1min (547 watts)
<input type="checkbox"/>	Peak 2min (465 watts)
<input type="checkbox"/>	Peak 5min (380 watts)
<input type="checkbox"/>	Peak 10min (340 watts)
<input type="checkbox"/>	Peak 20min (317 watts)
<input type="checkbox"/>	Peak 30min (309 watts)
<input type="checkbox"/>	Peak 60min (300 watts)

Ranges Bar	
	Lap 1
<input type="checkbox"/>	Entire workout (88 rpm)
<input type="checkbox"/>	Peak 5s (141 rpm)
<input type="checkbox"/>	Peak 10s (130 rpm)
<input type="checkbox"/>	Peak 20s (125 rpm)
<input type="checkbox"/>	Peak 30s (118 rpm)
<input type="checkbox"/>	Peak 1min (113 rpm)
<input type="checkbox"/>	Peak 2min (109 rpm)
<input type="checkbox"/>	Peak 5min (105 rpm)
<input type="checkbox"/>	Peak 10min (101 rpm)
<input type="checkbox"/>	Peak 20min (98 rpm)
<input type="checkbox"/>	Peak 30min (98 rpm)
<input type="checkbox"/>	Peak 60min (96 rpm)

Ranges Bar	
	Lap 1
<input type="checkbox"/>	Entire workout (33.2 kph)
<input type="checkbox"/>	Peak 5s (79.1 kph)
<input type="checkbox"/>	Peak 10s (78.5 kph)
<input type="checkbox"/>	Peak 20s (77.9 kph)
<input type="checkbox"/>	Peak 30s (76.9 kph)
<input type="checkbox"/>	Peak 1min (72.3 kph)
<input type="checkbox"/>	Peak 2min (65.0 kph)
<input type="checkbox"/>	Peak 5min (52.7 kph)
<input type="checkbox"/>	Peak 10min (45.2 kph)
<input type="checkbox"/>	Peak 20min (42.8 kph)
<input type="checkbox"/>	Peak 30min (41.7 kph)
<input type="checkbox"/>	Peak 60min (38.9 kph)

This is the main reason why Variability Index is so high and therefore Normalized Power is so much higher than Average Power.

This fast explosive bursts (matches) are very taxing on the body, and their damage – especially when they are over the FTP – is much higher than it would show by averaging the power over the course of the ride.

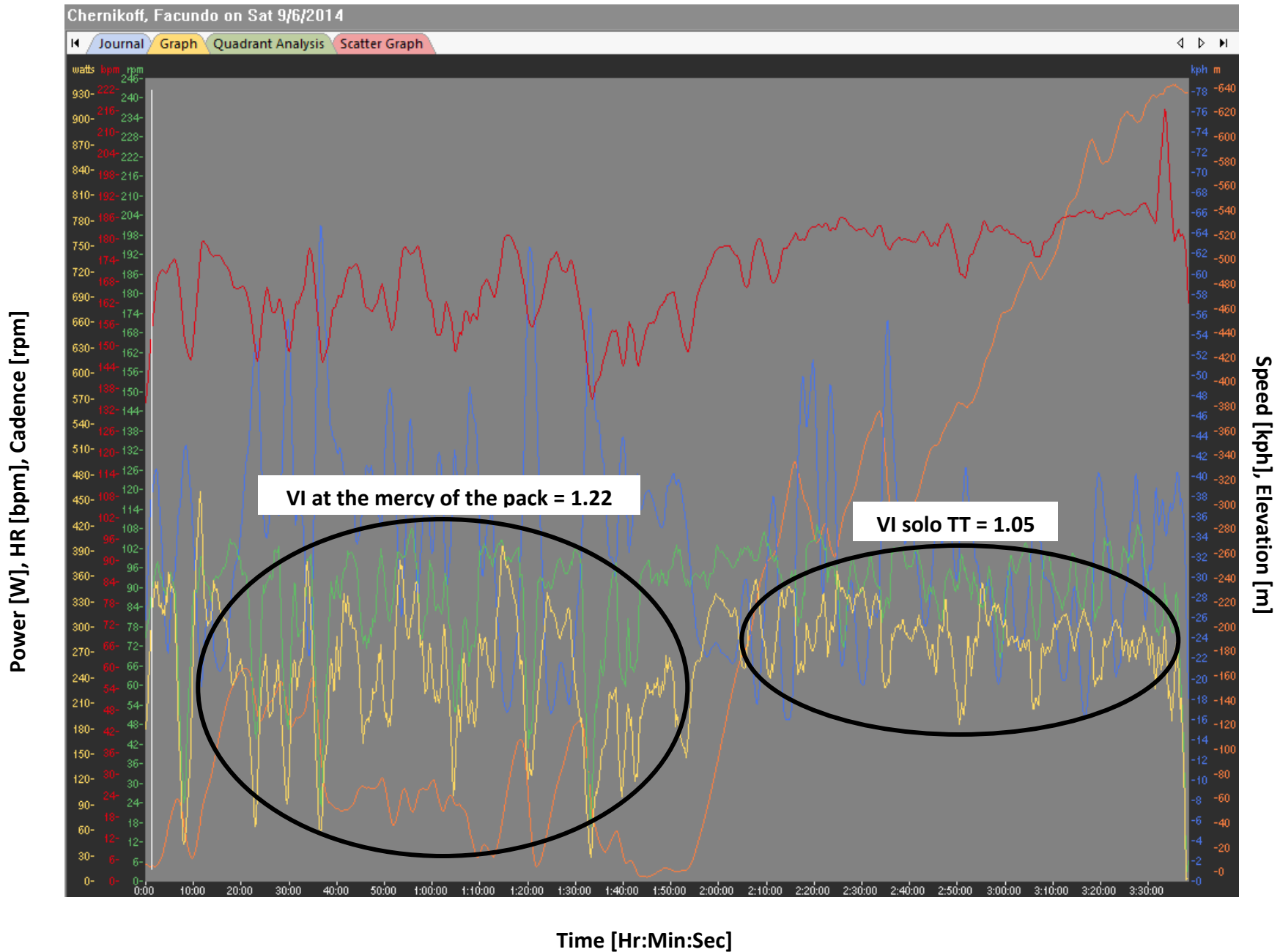
By looking at the Basic Race Summary, cadence was evenly split in between the 80-100 bin and the 100-120 bin. This can also be seen in the cadence ranges shown above.

Power = Force x Cadence

The only way to keep up with the explosive bursts of power at a low cadence would be with extreme muscular force. Therefore a high cadence was critical to avoid extreme muscle damage and good performance.



Whistler Fondo – Horizontal Graph (2 min smoothing)



Whistler Fondo – Horizontal Graph (20 min smoothing)

