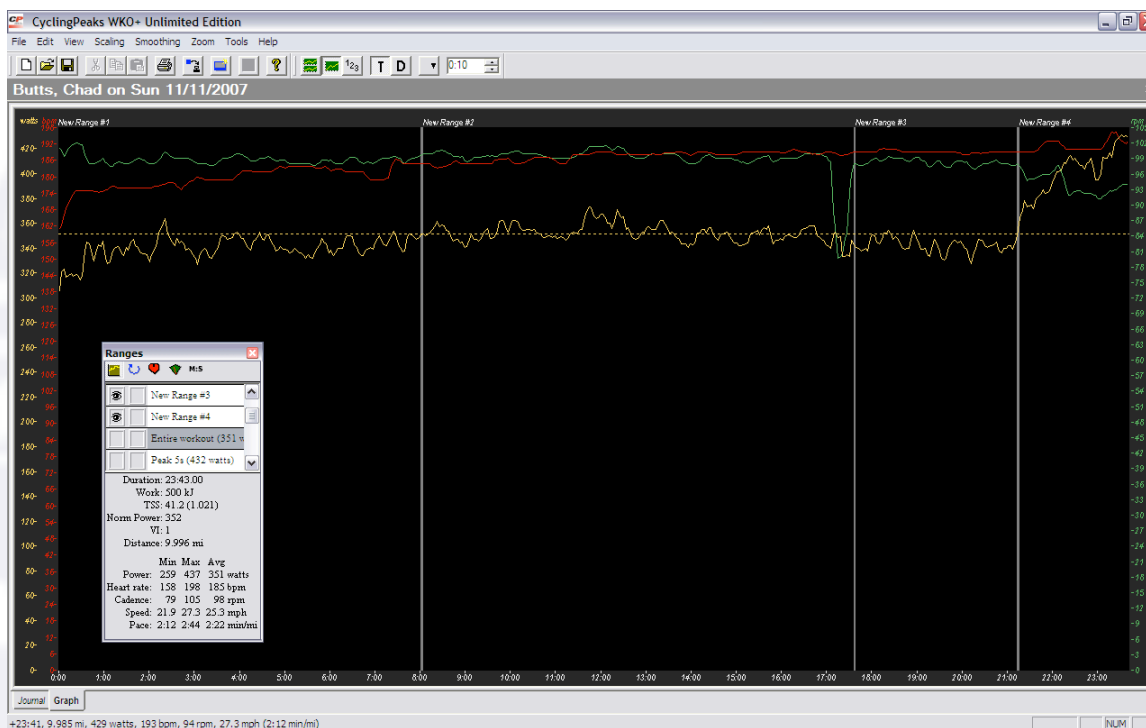
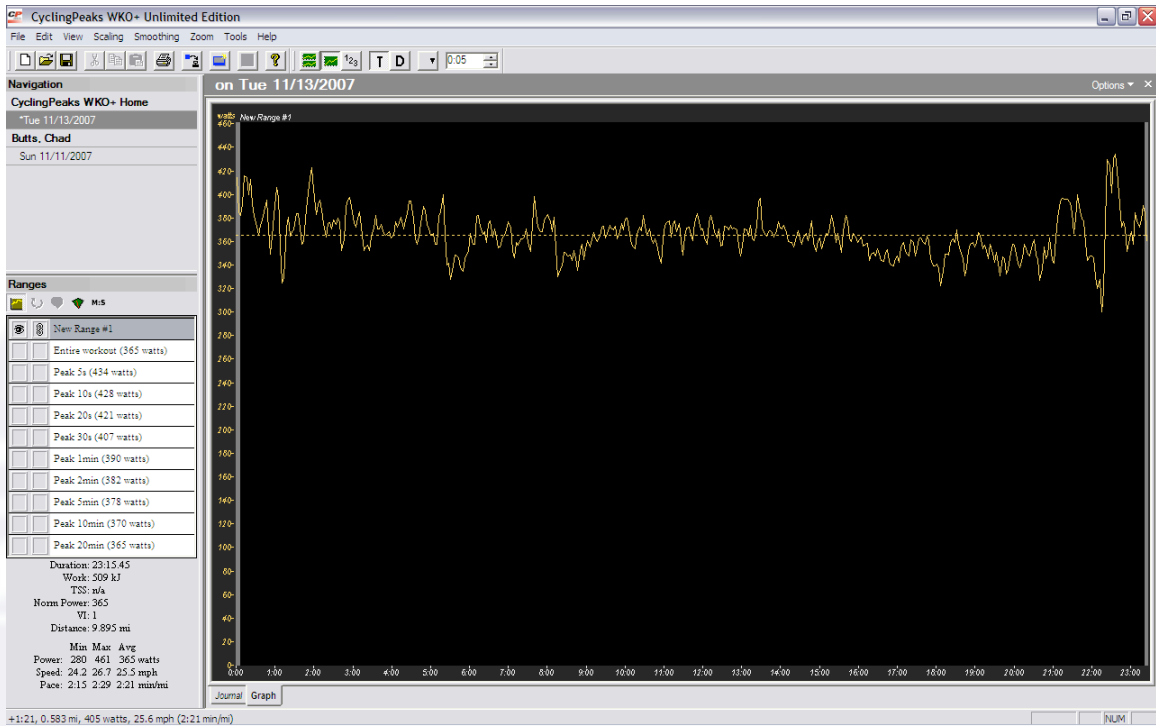


THE FOLLOWING IS A POWER ANALYSIS ON A GROUP OF TIME TRIALS. THIS WAS A FLAT 10 MILE COURSE PERFORMED ON A COMPUTRAINER.



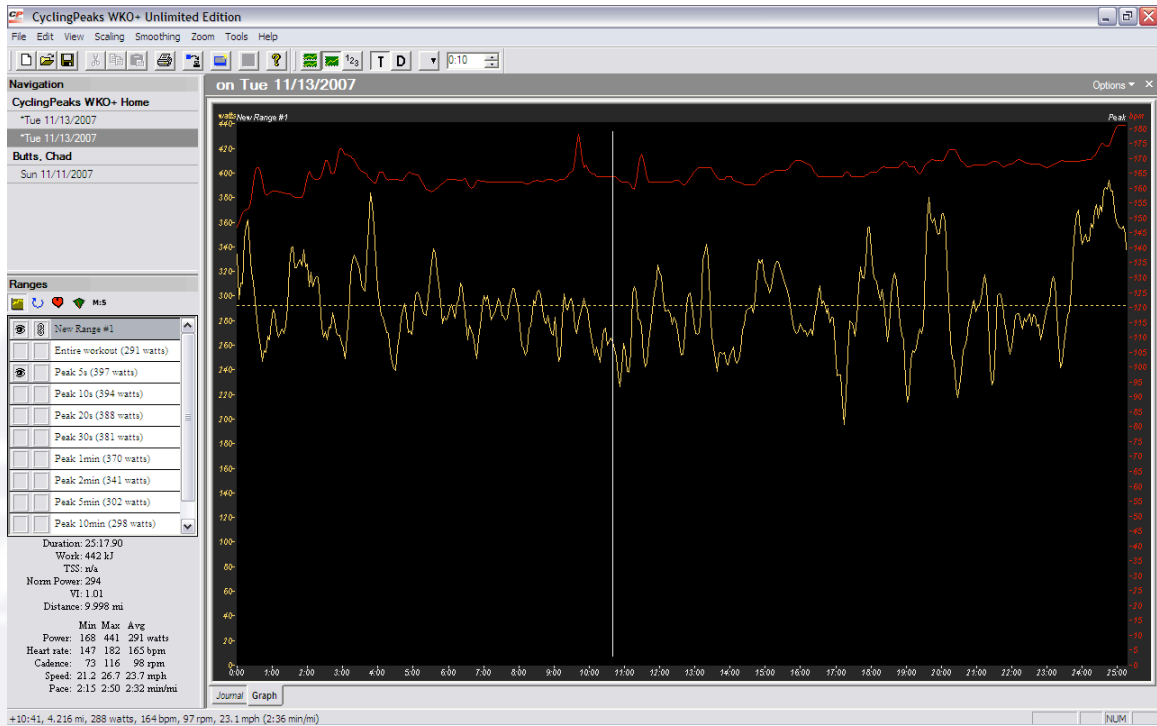
TT#1

This is a good example of great pacing. This athlete started off a little under threshold, nailed it during the center half of the race, had to slow down a little just before the big finish. The last 3 minutes was everything they had left. This is a strong anaerobic athlete. Just because an athlete has a strong finish like this does not always mean they could have gone faster. Based on the file, this athlete tried pushing just a little bit in the middle of the race but had to slow down to recover just before the end. To try and push harder earlier on may have led to an even greater decrease in power. Going a little bit harder for the first third of the race might have led to a faster time. If you had to classify this rider it would be an experienced cyclist and a strong anaerobic rider based on the impressive power at the finish. This rider averaged 351 watts and weighed 75kg.



TT#2

Not bad pacing. You can see this one is more jagged and the pace is not as even as rider #1. Overall a good effort, but there needs to be more practice keeping the pace more steady and within a narrower range at threshold. They did slow a little from the start but you can see from the end this rider is not as strong anaerobically as the pace was too hard to hold and only lasted about half as long as Rider #1. It is usually better to start a TT slightly below your threshold pace and this is one reason knowing your threshold is important for these types of effort. Too long above this threshold will cost you seconds later on. You cannot beat the numbers! The athlete recovered some only to have to slow down again for the finish. This rider averaged 365watts for the TT and weighed 88.6 kg.



RIDER #3.

This rider does not have much experience pacing in a time trial. This is a typical file for someone unsure about pacing or not knowing where their threshold is. You can see the jagged appearance of the power, continually increasing and slowing down. This athlete would constantly increase pace above threshold and have to slow down later to recover. Once the athlete recovered they went right back to pushing hard again. This type of pacing always leads to more time spent recovering at a sub-threshold power and thus really decreasing average speed. If they had kept power steady, the speed and overall power would have been faster and higher. Because they tried going harder than what their fitness would allow (threshold, 291 watts) they had to spend a lot of time recovering at a slower speed and thereby decreasing their performance. This rider averaged 291 and weighed 71 kg.