

In prior years the assumption was made that the athletes are couch potatoes and needed to start at a low level of base building. The reality is that almost all of the athletes start Cycle Camp with a fair degree of aerobic conditioning already in place. So for 2013 we are starting the base building, compared to 2012, at a higher workload of 170 watt-hours.

Note: The watt-hours displayed on the graphs are for an athlete with threshold watts of 100. Of course, each athlete has their unique threshold watts so the Y-axis number will vary accordingly. Watt-hours are directly proportional to calories but to get to calories other variables, unique to the individual athlete, need to be incorporated. Turns out that watt-hours is the unit of measure of choice for building individual workouts with a given workload goal in mind. This is the cornerstone for building progressive, power based workouts with many athletes participating.

In 2013 we get up to 200 watt-hours in week 5 then test in week 6, two weeks earlier than 2012. We start week 7 at 200 watt-hours and get up to 215 watt-hours in week 10. Between week 10 and 11 we will turn down the watt-hours to 210 and also increase each athlete's threshold watts by 5% or more. In effect we are doing a stress/recover setting up the athlete to finish at a higher level than 2012. So we start week 11 at 210 watt-hours and finish week 14 at 225 watt-hours. Week 15 we do the 3rd and final test.