

BikeRadar Training Hub 2013

The Bike Radar Training Hub is an exclusive area within The London Bike Show offering you an experience fit for the professional.

A team of experts from Koolstof Sports Coaching will be on hand to put you through your paces in a series of tests and consultations, designed to enhance your cycling performance and show you exactly where you can improve.

Each session will last approximately two hours and include:

Services Provided

1. Fitness testing for Power Zones, Heart Zones and Vo2Max
2. Inspiratory muscle training assessment POWERbreathe K5
3. Spin Scan Analysis of pedal stroke
4. Postural Testing/ Core Conditioning / Flexibility assessment
5. Anti-Oxidant Scanner and nutritional advice
6. Body Fat analysis
7. Follow up email with assessments explained and training advice enclosed
8. 4 week training plan
9. Training booklet

1. Fitness testing

A key aspect of all training programmes, fitness testing objectively measures your progress and facilitates the accurate calculation of your training zones.

Koolstof's professional fitness test involves a supervised Ramp Test. Utilising the unrivalled accuracy of a Computrainer; we will measure your power outputs and heart rate throughout whilst motivating you to truly give 100%.

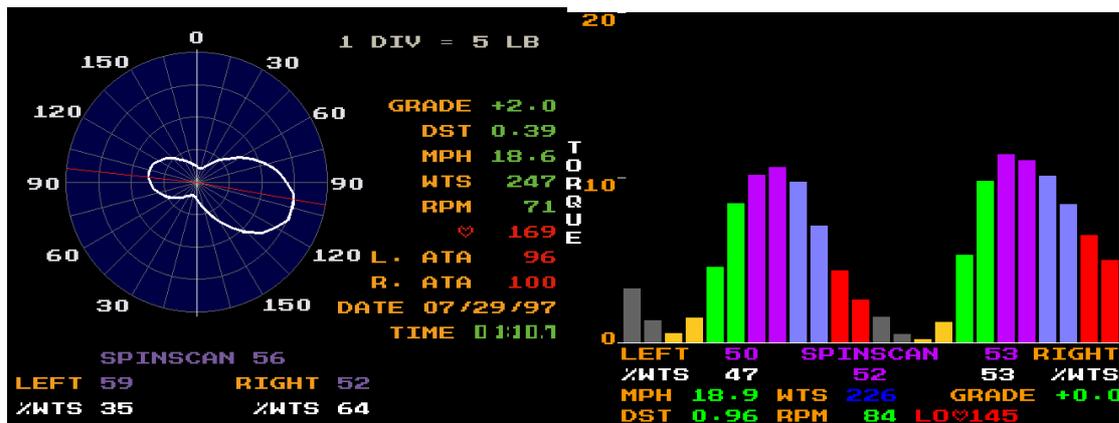
From your results we can calculate your threshold power output, threshold heart rate as well as functional threshold power (FTP), heart rate and estimate your Vo2 Max. This information allows us to accurately calculate your various training zones and track your fitness progress.

2. Inspiratory Breathing Muscle assessment using K5 POWERbreathe

it's no surprise that elite sport was quick to take advantage of breathing training, especially in the UK, where it was developed. One of Britain's greatest Olympians, oarsman and quadruple gold medallist Sir Matthew Pinsent, has said of breathing training, "Advances in sport science knowledge are few and far between, but numbered amongst these rarities is the discovery that breathing has such a profound influence upon performance that it merits specific training". So why haven't you heard about it? Precisely because it seems too good to be true, and because people like you are rightly wary of the claims made by those whose products promise much, but deliver little. But breathing training really is different; it's

backed by high-quality published research that withstands the scrutiny of even the most cynical coach

- Spin Scan Analysis** the Spinscan feature provides a multi-colour torque graph, which represents one full 360-degree pedal revolution divided into 15-degree segments. It will identify "flat" or "dead" spots in the pedal stroke where optimal power is not being transferred to the drive train. This feature is given a quantifiable measure with the Spinscan Number, which is the average torque divided by the maximum torque times 100. If our muscles were able to produce equal torque through the full 360-degree pedal revolution, the spin scan number would be 100. While this is physically impossible, a number between 70 and 90 is considered to be a very efficient transfer of power.



4. Postural Testing /Core Conditioning / Flexibility assessment



Postural Testing

We will measure lumbar and thoracic curves, forward head carriage, and rib cage expansion and then coach you on the importance of posture in respiratory mechanics and exercises and stretches to optimize this.

Your bulging quads and razor-cut calves are the envy of your pack, and you start every ride strong. As the ride progresses, though, your hips seesaw in the saddle, your lower back aches, and you slow in corners. The problem? Your core cries 'GIVE UP' long before your legs wear out. Although a

cyclist's legs provide the most tangible source of power, the abs and lower back are the vital foundation from which all movement, including the pedal stroke, stems.

You can have all the leg strength in the world, but without a stable core you won't be able to use it efficiently, it's like having the body of a Ferrari with a Skoda chassis underneath.

What's more, a solid core will help eliminate unnecessary upper-body movement, so that all the energy you produce is delivered into a smooth pedal stroke.

5. Anti-Oxidant Scanner and nutritional advice

The BioPhotonic Scanner is a revolutionary tool developed by Pharmanex to measure the carotenoid antioxidant levels in your skin-and prove the effectiveness of your supplements in improving your overall antioxidant health.

What does the BioPhotonic Scanner do?

Place the palm of your hand in front of the Scanner's safe, low-energy blue light laser, and you will obtain an immediate reading of the carotenoid antioxidant levels in your skin-your Skin Carotenoid Score.

Why should I be scanned?

By measuring the stable level of carotenoid antioxidants in your skin and generating your Skin Carotenoid Score, the BioPhotonic Scanner provides a more accurate and reliable biomarker of your overall antioxidant health status than other methods of measuring antioxidants. Getting your Skin Carotenoid Score from the BioPhotonic Scanner makes you aware of the antioxidant levels in your body-and gives you the push you need to improve your overall antioxidant health.

Antioxidants are a major contributing factor to stress and athletic performance, but can be improved with correct advice on nutrition for meals, training, racing and recovery.

6. Body Fat Analysis

The Body Fat Analyser is an indispensable measuring tool for the assessment of human body composition in determining the nutritional status and fluid monitoring of individuals.

Based on age / height / weight / gender / ethnicity and place electrode pads placed on one hand will calculate:

- Body Fat Percentage
- Target Fat Percentage (min/max)
- Basal Metabolic Rate (BMR)
- Body Impedance

Following your body fat analysis you will receive advice on nutrition for meals, training, racing and recovery.

7. Follow up email with assessments explained and training advice enclosed

You will receive an email the week following the show detailing your results from each aspect of your visit and giving you advice on how to improve your training on the bike plus core, strength, flexibility, breathing and nutrition.

8. 4 week training plan

To help kick start your training you will receive a 4 week training plan and a free interactive training diary on Bikeradar written by Koolstofcoaching.com

9. Training booklet

You will receive a 30 page training guide written by Koolstofcoaching.com

Contents

- Introduction
- Training Explained
- Which bike and equipment to buy
- Clothing and kit
- Bike Fit
- Basic bicycle maintenance
- How to ride in Groups safely
- Descending and cornering tips
- Nutrition Guidelines
- Fuelling your ride
- Why cyclists need to stretch
- Event day checklist
- Riding the Event