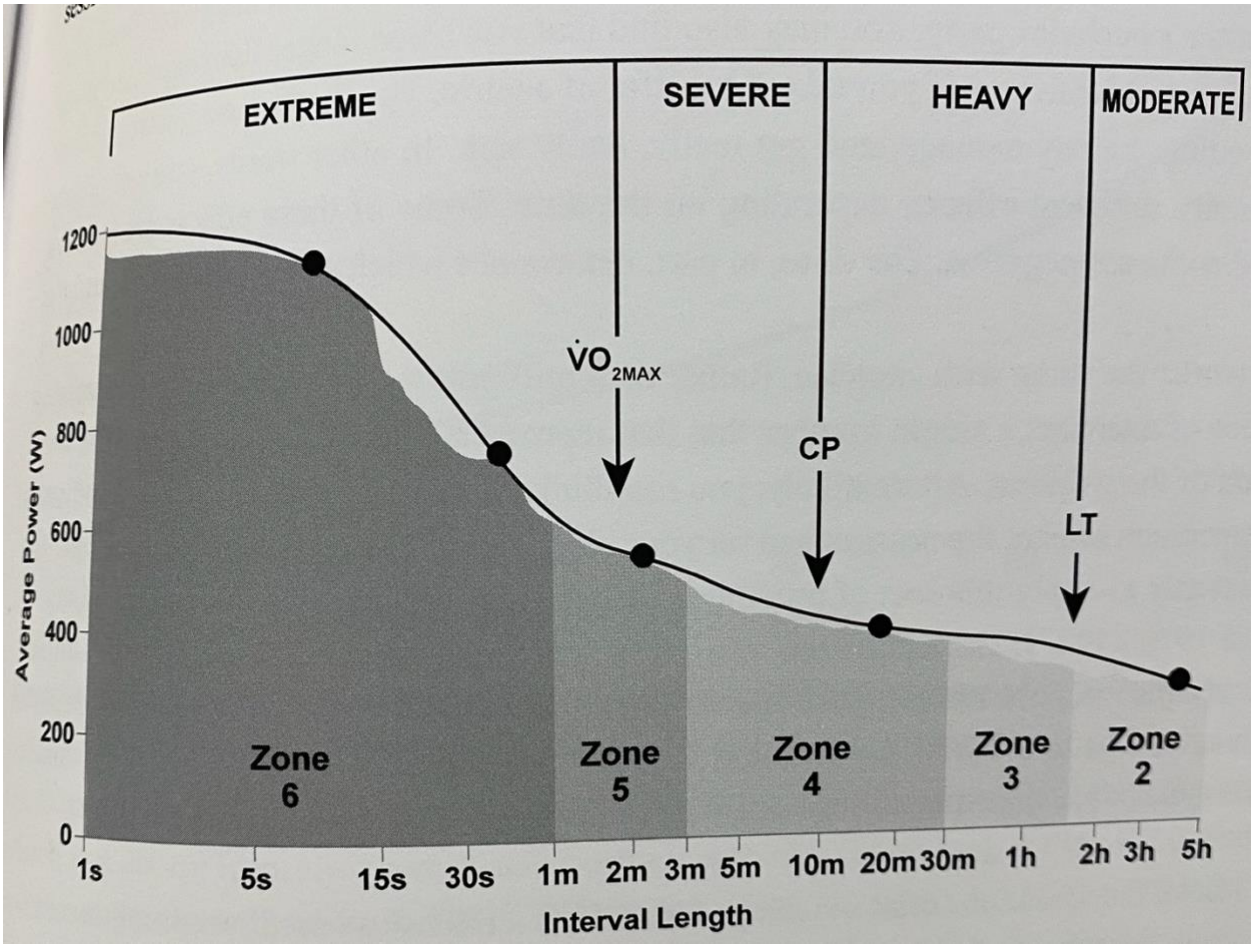
TrainingPeaks: Harnessing Data Over a Season

1) **Fitness**
    a) How we build fitness
        i) Consistency over time (green matters)
        ii) Actual mitochondria health, capillary density, stroke volume, economy, and fatigue resistance matter. CTL is ALMOST meaningless from a real-world fitness perspective.
    b) Tracking intensity Zones (Discuss figure on next page)
        i) TSS and Intensity Factor
    c) CTL/ATL/TSB (Limitations on quantifying training this way)
        i) Discipline-specific. All TSS isn't created equally.
        ii) Intensity/volume impacts athletes differently
        iii) Though there are valuable rules of thumb
2) **Periodization over a season**
    a) General Prep Phase (Laying foundation, building fitness, strength, and technique).
    b) High-End Fitness Phase (Maximizing CP/VO2)
    c) Race-Specific Phase (Efficiency at race pace. Meeting demands of race)
        i) Goal is to maximize performance on a specific date
        ii) You need a foundation upon which to optimize
3) **How we track actual fitness**
    a) Performance during similar workouts (How to analyze a workout)
        i) EF (Efficiency Factor) power/hr. This should improve as you get fitter.
        ii) Pw:Hr = decoupling. Less decoupling at race pace during the race-specific build
    b) Testing for intensity zones
        i) FTP/CP tests or estimating from workouts
    c) Lab testing
    d) Qualitative feedback
4) **Developing race-specific fitness (optimizing!!!)**
    a) Goal is to develop fitness to meet the demands of your race
        i) Ironman: LT1 and fatigue resistance matters more. VO2 max matters less.
        ii) 70.3: CP and fatigue resistance matters more. VO2 max matters less.
        iii) Sprint/Olympic: CP and VO2 max matter more. Fatigue resistance matters less.


EXTREME
SEVERE
HEAVY
MODERATE
VO2MAX
CP
LT
Average Power (W)
1200
1000
800
600
400
200
0
Zone 6
Zone 5
Zone 4
Zone 3
Zone 2
1s
5s
15s
30s
1m
2m
3m
5m
10m
20m
30m
1h
2h
3h
5h
Interval Length