



FFT Initial Coaching Setup

Introduction

This is a brief overview of your cycling history in order to plan training. I am basing this on information received so far, email, google forms etc

Overview Key Stats.

You are **a triathlete who retired in 2019**
You have indoor trainer (Tacx neo)
You have competed half iron man / distance
You have a goal for Nov 2022

Your FTP is around **220w (pb = 250) Wt = 200lbs (93kg)**

w/kg **2.2-2.4**

Your BMI is **24**

Your Routine

You exercise most days with sometimes Thursday as a rest day

You like gym work and rowing on Tues and Thursdays

You like longer rides on Sat and Sund

You enjoy swimming (but are in a good swim club)

Training TID and TIZ Options

This chart compares the options for you on the bike each 8hrs per day with different training options side-by-side. My view is to start you on either a BASE or POL plan.


		<i>Most Popular</i>	<i>Best Choice</i>	<i>Worst Choice</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		↓							
WEEK#1		POL	CUSTOM	THR/SW	HIT	BASE	PYR		WEEK#1
MON	TID	HIIT Interval 47mins	HIIT Interval 42mins	Threshold 54mins	HIIT Interval 52mins	Threshold 18mins	Threshold 45mins	...session	MON
TUE	TID	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	...session	TUE
WED	TID	Endurance 90mins	Endurance 90mins	Threshold 53mins	Threshold 20mins	Mixed 90mins	Threshold 45mins	...session	WED
THU	TID	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	...session	THU
FRI	TID	Endurance 89mins	Endurance 90mins	Endurance 90mins	HIIT Interval 41mins	Endurance 90mins	Endurance 90mins	...session	FRI
SAT	TID	Endurance 112mins	Endurance 114mins	Endurance 127mins	Endurance 167mins	Endurance 124mins	Endurance 134mins	...session	SAT
SUN	TID	Endurance 144mins	Endurance 147mins	Endurance 158mins	Endurance 201mins	Endurance 159mins	Endurance 168mins	...session	SUN
	TOTAL	8.00	8.00	8.00	8.00	8.00	8.00	Time (hrs)	TOTAL
	TSS	461.4	456.4	479.1	520.1	443.9	469.1		

		<i>Most Popular</i>	<i>Best Choice</i>	<i>Worst Choice</i>	<i>Rapid Improvement</i>	<i>Most Sustainable</i>	<i>Realistic</i>		
		↓							
WEEK#2		POL	CUSTOM	THR/SW	HIT	BASE	PYR		WEEK#2
MON	TID	Threshold 40mins	Threshold 44mins	HIIT Interval 14mins	HIIT Interval 36mins	HIIT Interval 27mins	HIIT Interval 20mins	...session	MON
TUE	TID	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	...session	TUE
WED	TID	HIIT Interval 40mins	HIIT Interval 36mins	Threshold 90mins	VO2max HIIT 39mins	HIIT Interval 26mins	Threshold 82mins	...session	WED
THU	TID	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	Day Off 0mins	...session	THU
FRI	TID	Endurance 90mins	Endurance 90mins	Endurance 90mins	HIIT Interval 36mins	Endurance 90mins	Endurance 90mins	...session	FRI
SAT	TID	Endurance 139mins	Endurance 139mins	Endurance 129mins	Endurance 175mins	Endurance 150mins	Endurance 131mins	...session	SAT
SUN	TID	Endurance 186mins	Endurance 187mins	Endurance 173mins	Endurance 210mins	Endurance 203mins	Endurance 174mins	...session	SUN
	TOTAL	8.23	8.23	8.23	8.23	8.23	8.23	Time (hrs)	TOTAL
	TSS	490.9	489.0	494.9	573.1	478.6	495.3		

Future FTP Projection

starting at 220, after 1 year I predict 240 to 250w as follows.....

you can try it yourself at fft.tips/futureftp



Predicts your future FTP with training

aka a draft calculation of how fast will my FTP increase?

----- YOUR ESTIMATE -----

Inputs

Your starting FTP

220

<<select watts

Your AGE

60

Years of training to date

5

Future Months of structured training

12

Results

after 12months training your FTP will be approx

239.8	mid	109.0%
248.5	upper	112.9%
231.0	lower	105.0%

Your raw FTP Gain will be

	ANNUAL	MONTHLY	WEEKLY	
mid	19.8	1.7	0.4	mid
upper	28.5	2.4	0.6	upper
lower	11.0	0.9	0.2	lower

Your % FTP Gain will be

	ANNUAL	MONTHLY	WEEKLY	
mid	9.0%	0.8%	0.2%	mid
upper	12.9%	1.1%	0.3%	upper
lower	5.0%	0.4%	0.1%	lower

Coaching Plan

I am writing a custom plan for you as follows

8hr cycling, 2 weights and 2 rowing sessions per week

Cycling Monday Wed Fri Sat Sun

Gym/Row Tues Thurs

Going Forward

Jan: start structured training and establish routine

April: increase outdoor hours but continue with training plan ? add some KoM goals?

June: review, refresh then start block 2

Next Steps

use this link fft.tips/addmeascoach

I will send you a daily ZwiftPLAN and TPeaksPLAN next week

Send me comments or questions via whatsapp every week or two to let me know how you feel and how its going

Any problem at all message me, i will respond the same day

Have a think about the following areas for future discussion: aero / equipment / position / clothing / diet / training TIZ / season goals / FTP testing.

best wishes.

Alex Mitchell

Coach FFT

ABOUT FASTFITNESS.TIPS COACHING SERVICES

We offer:

- Personalised assessment of ride history and abilities
- Personalised grading of strengths and weaknesses
- Personalised training prescription
- Personalised event pacing and power advice
- Personalised nutrition advice
- Personalised equipment advice
- Personalised aero advice
- Personalised bike fit including video analysis
- Personalised fitness testing

LOCATION

Midlands
United Kingdom

