

# The association between training load and changes in performance

## **Background:**

To date the process of prescribing training has relied upon the experience and intuition of those involved (i.e. coaches and athletes), as the necessary research in this area is lacking. There is a need to develop a bigger data set than is currently in existence in order to explore a wide range of training regimes amongst cyclist of varying levels of ability.

## **Who can participate?**

Trained cyclists who are users of the GC platform. Trained cyclist must have completed a minimum of 3 years training.

## **What is required?**

You would be asked to submit all of your training/race data for analysis over a 16 week period. You will also be asked to complete a self-directed cycling performance test every 4 weeks, and provide some simple ratings of your perceived exertion.

## **Interested?**

To know more, please contact Dr. James Hopker

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An information sheet providing Full details will be emailed to you.