



P E R F O R M A N C E
project

APPLYING SCIENCE WITH PERFORMANCE INNOVATION

//OUR_ETHOS//

//Performance_Innovation//

When the solution is unknown, when it is complex and challenging, we pride ourselves on stepping into the unknown, outside our comfort zone. We question everything, and we thrive on ideas. This, is where the magic happens and this is where we work at our best.

//OUR_ETHOS//

//Performance_Innovation//

As part of our philosophy, we ask lots of questions
and explore these ideas,

//OUR_PHILOSOPHY//

//Performance_Innovation//

We take an athlete centred approach, you are at the forefront of every performance decision we make.

Your physiology is unique to you, as are your goals. This is your athlete finger print, it is and this is how we work

//ATHLETE_PROFILE//

//NAME_
//SPORT_
//CRITICAL_POWER_XXX_W
//W'_XX.X kJ

//ATHLETE_AIMS//

//Process_&_Performance_Aims_

These aims have been taken from our initial conversation and will shape the direction of your training

Here is a short brief of what we discussed, so we ensure nothing was missed.

This gives us both accountability.

This report is sent a few days after the initial performance assessment, as this provides our benchmark values.

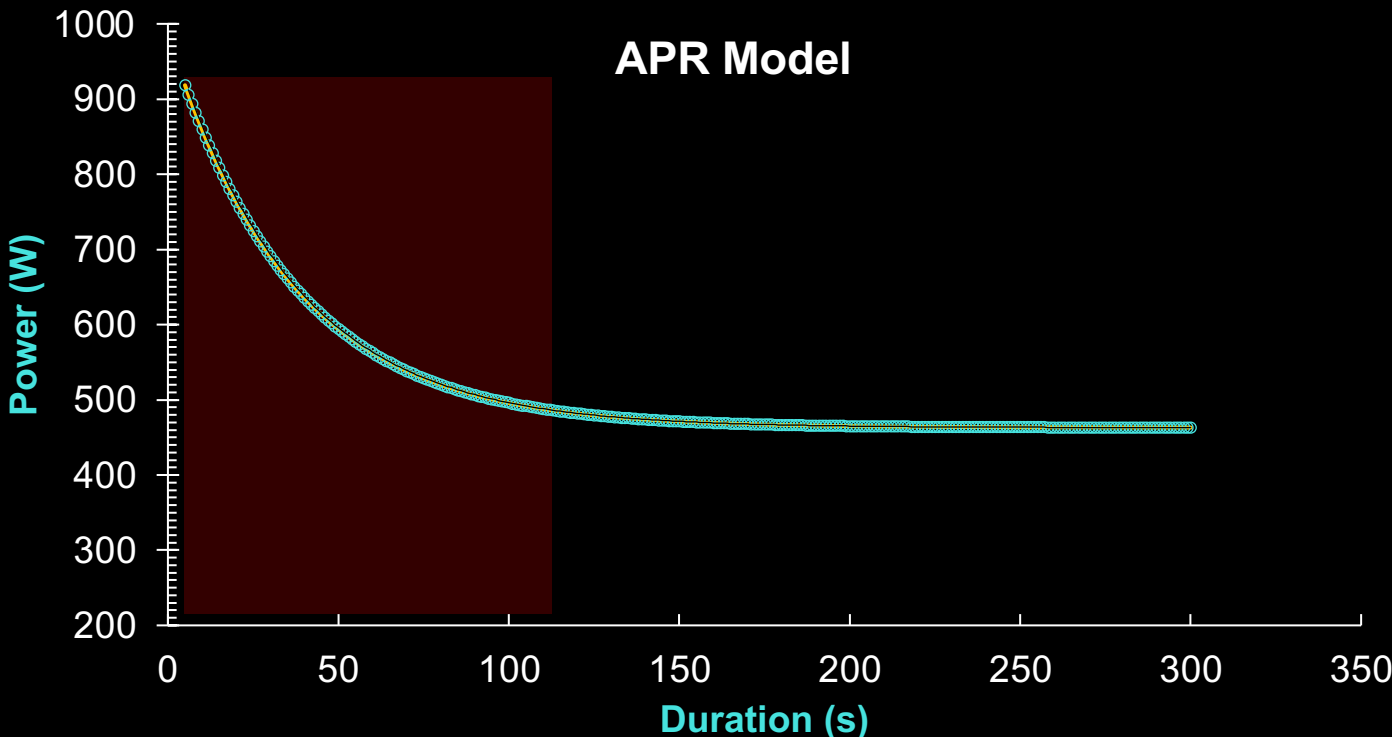
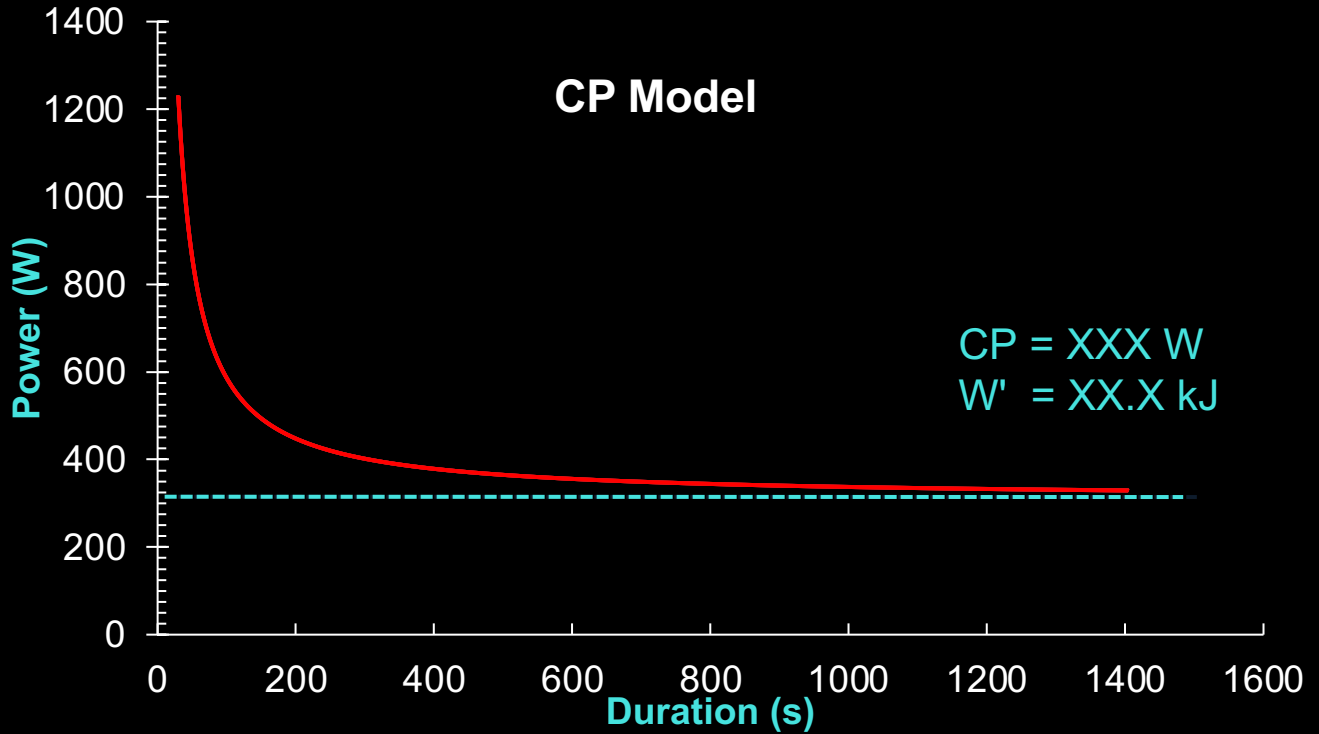
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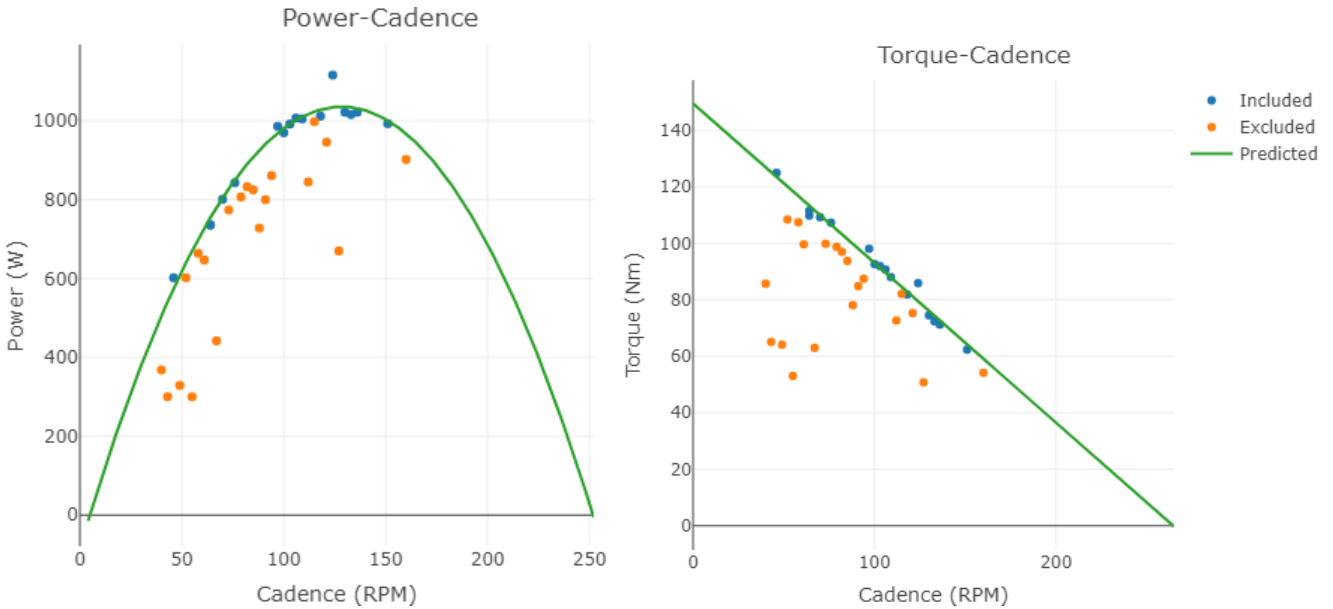
Your physiology is unique to you, this is your athlete fingerprint and this is how we work.

//Performance_Profile//

This is where we dive into your physiology



//Force_Velocity_Data



//Overview_Force Velocity

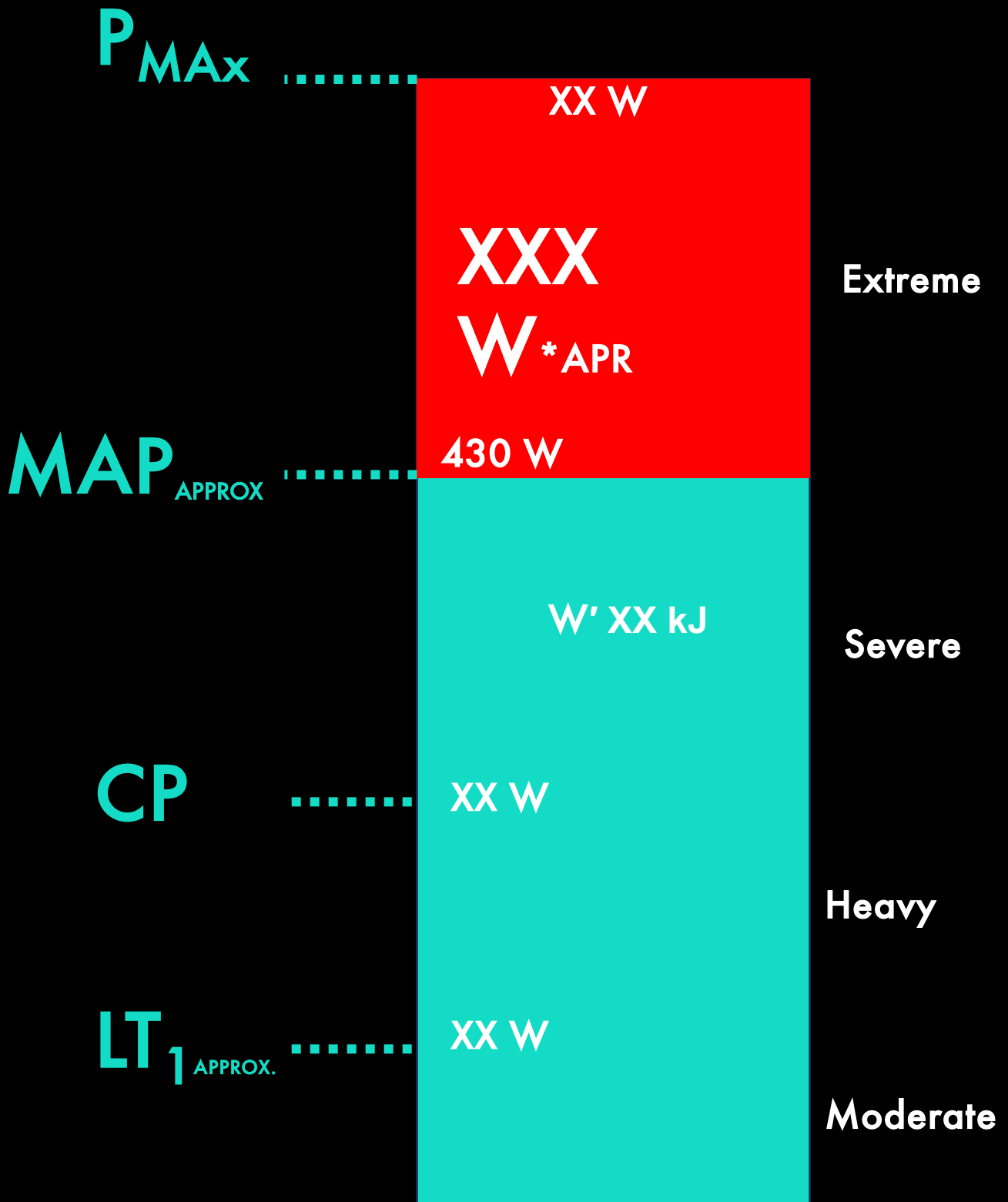
This represents your relationship between force (Nm) and cadence. This is your unique curve, it tells [1] the power you create, [2] but also how you create it in relation to your cadence.

This can help us identify whether we need to work on force production, and/or cadence.

We produce a short narrative of what this data means in the context of your goals and how we are going to use it. There is an evidence-informed approach.

This is just an example document, we often tweak it to each rider to ensure it is relevant.

//Intensity_Domains//



APR = (Pmax-MAP) anaerobic power reserve

//The_How//

The important part – this is all in relation to the data obtained from the CP assessment and your sprint profile.

This is where we explain the process that we will undertake with your training what certain sessions are going to look like and most importantly how they relate to your performance goals.

This is an in-depth explanation. Once this document is sent across, we follow it up with a phone call to go through everything together. As here we are a team!

//Determinants_of_Performance



//Non_Exhaustive_List
//Brief_Overview_With_Rational

So what is key for you!

Here we go over the determinants of performance and identify elements on the performance tree that we should tackle first. This is where we help you create your goals based on our initial consultation.

This is where we start to give everything context.

//Performance_Profile// //Your_Physiology

This is where we then link everything together.

We state the size of the gap! Where you are in reaction to where you want to go. We have now identified everything that we need to do.

Then we link it all back to you, the why! The why to our approach, the way to our sessions. This is how we deliver our unique approach!

We will include both performance and process-based goals, so we can continuously gauge progress!

This is the Performance Project!

//Performance_Profile// //Normative_Data

//We have a wealth of normative data, sometimes it's appropriate to give evidence on our approach. We always give the Why and it is always an ongoing, dynamic and open process!

