ABSTRACT

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FIELD OF STUDY: Physical Education and Sport
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Theme:

Design of the methodics for creating model cycling rides in the training of the cycling part of the triathlon using the power meter.

Objectives:

Design of the methodics for creating model cycling rides in the training of the cycling part of the triathlon for an intermittent method with short distances using the power meter.

Method:

The pilot study focuses on the methodics for creating model cycling rides in the cycling part of the triathlon and their evaluation. Firstly, we perform rides to determine the critical power levels. Based on the critical power we derive the intensity of model rides for the training method of short intermittent distances Intensity II and III. By evaluating the results we gain an insight into the questions of creating the model rides. All field rides are performed by a single person. In order to acquire data which correspond to the real training environment the test and model rides are performed in the field conditions.

Results:

Based on the results it can be stated that using the external power meter Power Tap PRO to manage the training with short intermittent distances by applying intensity II or III is suitable. It is necessary to work with the external power meter for a longer period of time (at least 1 month) so that the user gets used to this technology of managing the cycling part of the triathlon training. The user can therefore use the power meter to the maximum extent not only for training management itself, but he/she is also able to regularly determine critical points of his/her own power in RTC and based on this, adjust the intensity of training measured by external power. We assume that the use of the external power meter together with the methodics for creating model rides will lead to the improvement of quality and effectiveness of the training process.

Key words:

Triathlon-cycling, measurement of external power, critical power, training management