

CRT WATTBIKE TRAINING & FITNESS TESTING

Background Information on the Wattbike

CRT is very excited to be able to launch another form of fitness training by way of The Wattbike which is an indoor training bike which can measure power output, heart rate and cadence as well as providing an analysis of pedal stroke. It has been used by British Cycling, WAIS and numerous elite athletes. There are a variety of tests which can be conducted to provide an estimate of VO_2 max and power output. For those who are serious about their training these tests can be conducted at regular intervals to provide a comparison and measure improvement. This also enables you to determine if your training program is working and what areas you need to target to improve.



You're Trainer

Peter Turnbull is a qualified cycling coach and personal trainer in the Health & Fitness area and has been training men & women for many years from Introductory Cycling courses through to specific training required for an event. Peter has numerous qualifications but specifically has a passion for cycling, namely Time Trialling.

Fitness Testing

The fitness tests will take approximately 1 hour allowing for bike set-up, warm up and cooling down period. The results from these tests include:

- Estimation of VO_2 max
- Maximum minute power
- Maximum heart rate
- Power to weight ratio
- Analysis of pedal stroke

The Wattbike can also be used for indoor training sessions where you can target specific training zones or pedalling technique. The advantage of the



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Wattbike is that the training can be done continuously without having to stop. *****Do not do a test if you are unwell or are fatigued. Do NOT eat anything 2 hours prior to the test!**

For more information about the Wattbike please visit www.wattbike.com.au

Service Price List

- **First series of 12 Wattbike sessions (55 mins each) to include 2 Wattbike fitness tests (1.5hrs - week's 1 & 12)
10 Wattbike interval sessions (weeks 2 to 11).
Everyone does a fitness test, that way you get a comparison to see how much you have improved** **\$250.00**
- **Series of 12 Wattbike sessions ONLY (no fitness tests)** **\$180.00**
- **Individual Wattbike sessions** **\$ 20.00**
- **Individual Wattbike Fitness Test** **\$55.00**

To book a session/s please contact Chain Reaction Training "CRT" via http://crtwa.com.au/?page_id=39 (Website Contact Page)

All sessions are pre-paid via Credit Card (2% surcharge) or Direct Debit - National Australia Bank - BSB – 086-488 - A/C – 873136775 (Description: Wattbike Training and name)

Please mention method of payment you wish to use when booking a session online.

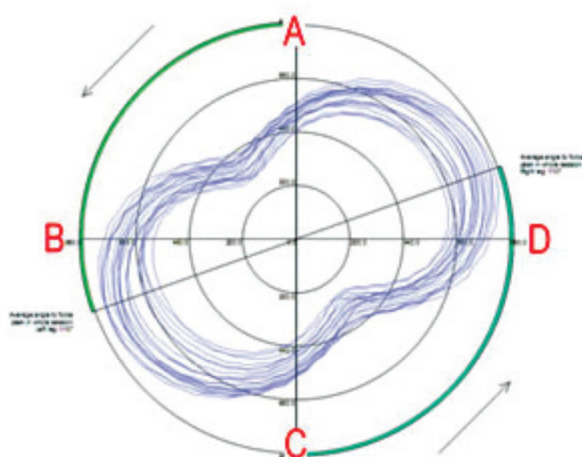
What you need to bring to each session

- Training towel
- Water Bottle
- Cycling shoes with either "Look" or "Shimano SPD" cleats. If you do not have either of these then just wear joggers or bring your own pedals and cycling shoes.
- Do NOT do a hard training session the day before the test
- All fitness testing will be conducted in North Perth (private address) and by appointment only.

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What the graph means - where the pedals are:

- Point A - Both pedals are in a vertical line. Your left leg is at the highest point; your right leg is vertical at its lowest point.
- Point B - Both pedals are horizontal, the left leg on the drive phase – the right leg on the recovery phase
- Point C - Both pedals are vertical. Your left leg is at the bottom of the revolution and your right leg is at the top
- Point D - Both pedals are horizontal, the right leg on the drive phase – the left leg on the recovery phase
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Example shapes

The Figure of Eight - Beginner

This cyclist is losing too much pedal momentum on the transition from right-leg to left-leg (point 1) and left-leg to right-leg (point 2). With virtually no pull up during the recovery. Tip: Being properly attached in the toe cages or using cycling shoes to help pulling up during the recovery.

The Peanut - Good

This cyclist maintains some pedal momentum between leg drives. However, there is still a noticeable loss of momentum – especially since at point 2 there is a larger dead spot than at point 1. Tip: Imagine scraping mud of the ball of your shoes to help extend the leg drive and improve the transitions.

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The Sausage - Elite

The cyclist has a large rounded shape, which is consistent, balanced between each leg, and he maintains good pedal momentum throughout. Typical shape of a strong drive and a balanced recovery.

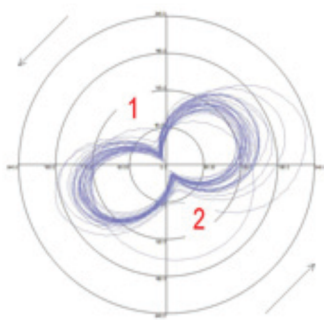
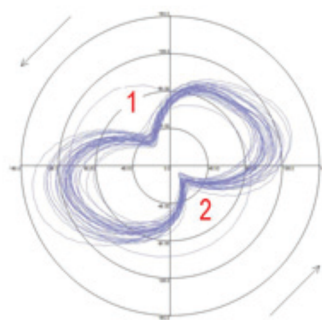
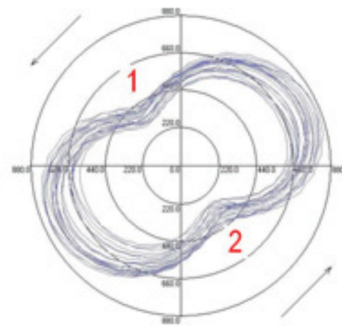


Figure of 8



Peanut



Sausage



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PERSONAL DETAILS & HEALTH SCREENING

MR/MRS/MS/DR	<input type="checkbox"/> Male	<input type="checkbox"/> Female	DOB:
Surname:		First name:	
Address:			
		State:	Postcode:
Phone(H/W):	Mobile:	Email:	

EMERGENCY CONTACT DETAILS MUST BE SUPPLIED

Name:	Relationship:	Contact No:
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HEALTH SCREENING

<input type="checkbox"/> Arthritis	<input type="checkbox"/> Pain or tightness in chest	<input type="checkbox"/> Infections/Diseases
<input type="checkbox"/> Asthma	<input type="checkbox"/> Heart palpitations or any heart conditions? (write on back of page)	<input type="checkbox"/> Muscular cramps/pains
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Any major injuries	<input type="checkbox"/> Hernia
<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Liver/Kidney conditions	<input type="checkbox"/> Back pain
<input type="checkbox"/> Family history of Heart Disease	<input type="checkbox"/> Regular headaches	<input type="checkbox"/> Chronic cough
<input type="checkbox"/> Heart Condition	<input type="checkbox"/> Have you been in hospital recently and if so when and what for (write on back of page)?	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> High/Low Blood pressure	<input type="checkbox"/> Any other conditions that may limit your activity? (write on back of this page)	
<input type="checkbox"/> Are you pregnant?	<input type="checkbox"/> Are you unaccustomed to exercise?	

IF YOU TICKED ANY OF THE ABOVE YOU MUST OBTAIN CLEARANCE FROM YOUR MEDICAL PROFESSIONAL BEFORE UNDERTAKING AN EXERCISE PROGRAM OR DISCUSS FURTHER WITH YOUR CRT TRAINER TO BE ASSESSED.

REFERRAL— How did you hear about Chain Reaction Training (CRT)?

<input type="checkbox"/> Word of mouth/friend/s name	<input type="checkbox"/> CRT Email Flyer
<input type="checkbox"/> Professional recommendations eg Physio, Chiro	<input type="checkbox"/> CRT Website
<input type="checkbox"/> WestCycle	<input type="checkbox"/> Other
<input type="checkbox"/> BWA	