



Helping cyclists train intelligently

International Cycling Classic (aka "Superweek"),
 Category Pro/1/2
 for Edward Monnier (Category II, 5' 7", 160 lbs)

Date	Race	TIME	DIST	kJ	MPH	AVG PWR	Maximum Wattages				>wVO2max		>LTP		NORM PWR	IF	TSS	PE RANK
							5 sec	1-min	5-min	20-min	MINS	%	MINS	%				
19-May	Waukesha	1:59	54.8	1681	27.7	236	833	382	295	263	36.9	31	48.6	41	257	0.88	155	1
20-May	Bensonville	2:16	65.7	1895	29.1	233	893	356	291	256	35.4	26	49.1	36	260	0.90	181	4
23-May	Green Bay	1:42	50.0	1468	29.5	241	847	385	295	256	30.2	30	38.4	38	265	0.91	142	6
24-May	Sheboygan	2:42	75.2	2164	27.9	223	822	379	274	250	40.7	25	57.2	35	253	0.87	206	2
25-May	Kenosha	2:08	60.8	1712	28.5	223	944	344	261	242	32.6	23	42.1	33	245	0.85	152	5
26-May	Downer Ave	2:08	60.1	1692	28.3	221	954	389	294	249	35.4	28	46.8	37	248	0.86	156	3

Comments:

1. Despite its mid-ranking among NP, IF and TSS an hour into Waukesha (first race), I doubted I could hang on. Somehow, I persevered. Afterwards, I felt like I had been run over by a train and was really nauseous for an hour. I wasn't alone -- about 60 finishers of 200 starters. I rate this among the hardest races I've done.
2. Although Bensonville had relatively high values for mins above wVO2max and LTP, NP and IF, it had a relatively low PR Rank and my best finish. Good day? Benefit of stress hormones from Waukesha?
3. Green Bay was by far the easiest race based on RPE (and not just for me; it was the only race our entire team finished), yet it has relatively high power numbers. Note that its total mins >wVO2max and >LTP are low because the race duration was shortest. Makes one wonder if it had gone on longer, if it might have been top of the heap.
4. Maybe Andy has since re-evaluated the TSS numbers, but I'd say across the board they under-reflect the difficulty of the racing. While I wouldn't expect any of the races to qualify as epic, I would expect them all to be 200+ based on RPE.
5. Numbers can say what they will, but what ultimately matters is whether or not you hang...