

**Cycling-Inform
Training Program
Questioner
for recreational
cyclists**



Cycling-Inform Pty Ltd
PO Box 119
Highett, VIC 3190
Australia

Hi and thanks for deciding to enroll in our program!

Finally a cycling coaching program that is specifically geared up for the busy cyclist that fits their training around family and work commitments. This program uses the latest in Heart Rate (HR) training techniques with a big focus on using your valuable training time as efficiently as possible.

All prices include GST.

The following pages are for you to complete and fax, e-mail or mail back to us. They are to gather important information from you. This information will be used to:

- Establish your goals,
- Assess your current fitness,
- Define your strengths and weaknesses and
- Build your tailored training plan.

There is also the disclaimer which I would like you to sign and again forward it in with your information.

Please either

E-mail it to: david.heatley@cycling-inform.com,
Post it to: David Heatley, Cycling-Inform, PO Box 119, Highett, VIC 3190, Australia
Fax it to: +61 3 9011 9664

We look forward to working with you.

Regards,

David Heatley.

Personal Information

Name: _____

DOB: _____

SEX: _____

Address: _____

Phone: _____

Average km's ridden per week & style of riding (flat, hills, racing, sprinting) _____

Threshold power (if known) _____

Resting HR (if known) _____

Max HR (if known) _____

Weight _____

Height _____

Please state your current average training week below (include other sporting/recreational activities you are involved in:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Lunchtime							
Afternoon							
Evening							

Please block out any regular time slots that are not available for training.

	Mon	Tue	Wed	Thru	Fri	Sat	Sun
Morning							
Lunchtime							
Afternoon							
Evening							

Please state the races and events that you wish to complete in:

Please state any other training objectives or cycling races/goals you have during this period:

Please make any additional comments below:

PROFICIENCIES PROFILE

(Sourced from "The Complete Cyclist's Training" Bible by Joe Friel)

Read each statement below and decide if you agree or disagree with it as it applies to you. If unsure, go with your initial feeling.

	A=Agree D=Disagree	Question
1		I'm quite lean compared with others I ride with.
2		I'm more muscular and have greater total body strength than most others I ride with.
3		I'm usually capable of single-handedly chancing down a bunch on the road that takes several minutes
4		I'm capable of enduring relentless suffering for long periods of time, perhaps as long as an hour.
5		I can climb long hills out of the saddle with most others I ride with.
6		I can accelerate quicker than other I ride with
7		I can spin at cadences in excess of 140 rpm with no difficulty.
8		I look forward to the climbs in rides, hard group workouts and cycling events.
9		I'm comfortable in an aerodynamic position: aero' bars, elbows close, back flat.
10		I enjoy sprinting and have good instantaneous speed
11		While I suffer, I never "blow up" on climbs even when riding at a fast pace.
12		In hard social rides and cycling events I can ride near my lactate threshold (heavy breathing) for long periods of time.
13		When riding on my own at a high speed I can stay seated even when going over small inclines
14		At the end of a social ride or cycling event I feel aggressive and physically capable of winning the "sprint".
15		When standing on a climb, I feel light and nimble on the pedals.

SCORING: For each of the following sets of questions count the number of "Agree" answers you checked and complete the following table:

Question numbers			Score (5=BEST)	Comments
1, 5, 8, 11,15	Number of "agrees"	Climbing		
2, 6, 7,10, 14	Number of "agrees"	Sprinting		
3, 4, 9,12, 13	Number of "agrees"	Time trial		
To improve weaknesses:				

MENTAL-SKILLS PROFILE

(Sourced from “The Complete Cyclist’s Training” Bible by Joe Friel)

Read each statement below and choose an appropriate answer from these possibilities:

1=Never 2=Rarely 3=Sometimes 4=Frequently 5=Usually 6=Always

	Rating	Question
1		I believe my potential as an athlete is excellent.
2		I train consistently and eagerly.
3		When things don't go well in a training ride or cycling event, I stay positive.
4		In hard training rides or cycling event, I can imagine myself doing well.
5		Before training rides and cycling event, I remain positive and upbeat.
6		I think of myself more as a success than as a failure.
7		Before training rides and cycling events, I'm able to erase self-doubt.
8		On the morning of a training ride or cycling event, I awake enthusiastically.
9		I learn something from cycling events or training rides when I don't do well.
10		I can see myself handling tough cycling events and/or training situations.
11		I'm able to train and ride cycling events close to my ability level.
12		I can easily picture myself training and riding cycling events.
13		Staying focused during long cycling events and/or training rides is easy for me.
14		I stay in tune with my exertion levels in cycling events and/or training rides.
15		I mentally rehearse skills and tactics before my cycling events
16		I'm good at concentrating as a cycling event progresses.
17		I make sacrifices to attain my goals.
18		Before an important cycling event, I can visualise doing well.
19		I look forward to workouts.
20		When I visualize myself riding cycling events or training, it almost feels real
21		I think of myself as a tough competitor.
22		In cycling events, I tune out distractions

23		I set high goals for myself.
24		I like the challenge of a hard cycling event.
25		When the cycling event gets hard, I concentrate even better.
26		In cycling events, I am mentally tough
27		I can relax my muscles before cycling events.
28		I stay positive despite late starts or bad weather.
29		My confidence stays high the week after a bad cycling event or training week.
30		I strive to be the best athlete I can be.

SCORING: Add up the numerical answers you gave for each of the following sets of questions and use the table below to evaluate the ranking (excellent, good, average, fair, poor).

	Question Numbers	Score	Ranking	Comments
Motivation	2, 8, 17, 19, 23, 30			
Confidence	1, 6, 11, 21, 26, 29			
Thought habits	3, 5, 9, 24, 27, 28			
Focus	7, 13, 14, 16, 22, 25			
Visualization	4, 10, 12, 15, 18, 20			

Total	Ranking	Score
32-36	Excellent	5
27-31	Good	4
21-26	Average	3
16-20	Fair	2
6-15	Poor	1

NATURAL-ABILITIES PROFILE

Read each statement below and decide if you agree or disagree with it as it applies to you. If unsure, go with your initial feeling.

	A=Agree D=Disagree	Question
1		I prefer to ride in a bigger gear with a lower cadence than most of my training partners.
2		I prefer to rider shorter faster rides than longer slower rides.
3		I'm good at sprints.
4		I'm stronger at the end of long workouts than my training partners.
5		I can squat and/or leg press more weight than most in my age.
6		I prefer long ride and cycling events
7		I use longer crank arms than most others my height.
8		I get stronger as a cycling event or high volume training week progresses.
9		I comfortably use smaller gears with higher cadence than most others I train with.
10		I have always been physically quicker than most other people for any sport I've participated in.
11		In most sports, I've been able to finish stronger than most others.
12		I've always been physically stronger than most others I've played sports with.
13		I climb best when seated.
14		I prefer workouts that are short but fast.
15		I'm confident of my endurance at the start of long cycling events.

SCORING: For each of the following sets of questions count the number of "Agree" answers you checked and complete the following table:

Question numbers			Score (5=BEST)	Comments
1, 5, 7, 12, 13	Number of "agrees"	Strength		
2, 3, 9, 10, 14	Number of "agrees"	Speed		
4, 6, 8, 11, 15	Number of "agrees"	Endurance		
To improve weaknesses:				

Cycling-Inform's Coaching Program Legal disclaimer

- a) I understand, acknowledge and agree that there are inherent dangers and certain elements of unpredictability while performing cycling and physical activities; especially, but not limited to, cycling unsupervised on open roads, performing weight and strength exercises and cycling indoors. I understand the potential danger of accident or collision which may result in injury and the possibility of death while cycling.
- b) I acknowledge and accept that the Cycling-Inform's Coaching Program is a physically demanding program carrying with it considerable risk of injury, heart attack, stroke and the possibility of death.
- c) I understand and accept that responsibility that while undertaking Cycling-Inform's Coaching Program that by acting upon it's advice and instruction as stated or in any variation that no amount of certification, supervision or experience can guarantee my safety or the safety of others and therefore I agree to be solely responsible for my actions
- d) I hereby assert that I am sufficiently fit and capable to be enrolled in Cycling-Inform's Coaching Program. That as a prerequisite prior to performing any activities or acting on any advice or in any variation presented in Cycling-Inform's Coaching Program that I have sought certification from a qualified medical doctor stating that I am capable of performing extremely strenuous physical activity.
- e) I understand that Cycling-Inform's Coaching Program is provided remotely and that it is entirely and solely up to me to ensure that I am within my personally safe level of exertion and acting safely while performing and acting, unsupervised and without direct instruction while undertaking Cycling-Inform's Coaching Program.
- f) I hereby acknowledge that I do not rely on any representation from any person directly or indirectly associated with Cycling-Inform's Coaching Program.
- g) I hereby assert that I am capable of undertaking Cycling-Inform's Coaching Program which I do solely at my desire and risk. As such, I agree to indemnify and keep indemnified Cycling-Inform Pty Ltd from any claims whatsoever and agree that I shall not hold Cycling-Inform Pty Ltd, it's owner/s, employees or agents of Cycling-Inform responsible nor be held liable for any personal injury, mental anguish, loss of whatsoever nature or kind however caused or that may occur during or after participating in Cycling-Inform's Coaching Program.
- h) I am over the age of seventeen (17) years.

Medical Conditions Declaration ***Important***

Medical Conditions:

Please state any Medical Conditions below. (enter "none" below if you have no medical conditions that may affect your ability to partake in cycling training):

Name: _____

Signature: _____

Date: _____