

Siste krafttak før jul...

UCI / WCC POWER PROFILE TEST

17 MIN WARM-UP

- 7 min at 90 rpm
- 1.5 min at 100 rpm
- 1 min at 105 rpm
- 1 min at 110 rpm
- 30 sec at 115 rpm
- 30 sec at 120 rpm
- 4 min at 90 rpm

6 SEC PEAK POWER TEST

3 min 54 sec active recovery

6 SEC PEAK POWER TEST

3 min 54 sec active recovery

30 SEC SPRINT TEST

3 min 40 sec active recovery

4 MINUTE AEROBIC TEST

Class UCI's Pro test - Cycling Weekly

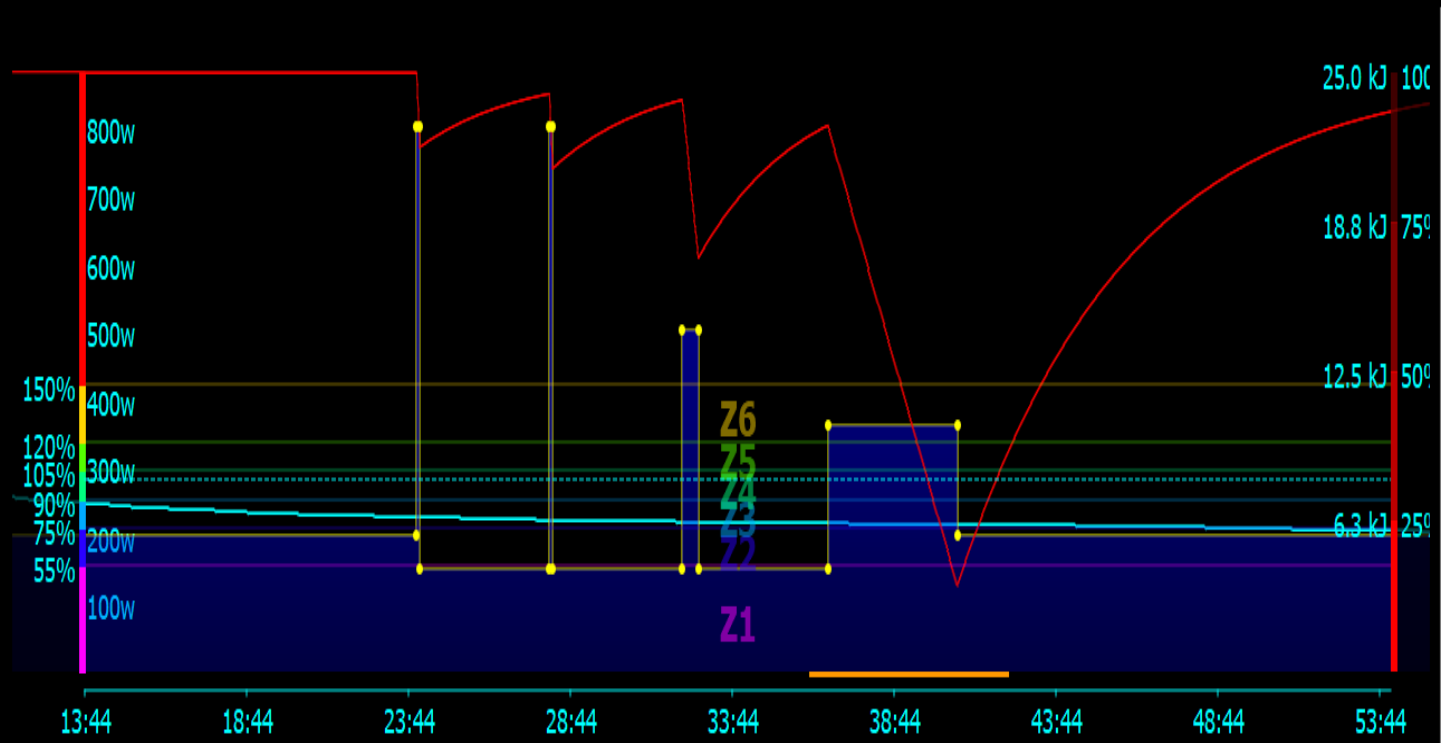


More...

Workout

- New
- Save
- Save As
- Undo
- Redo
- Draw
- Select
- Cut
- Copy
- Paste
- Properties
- Zoom In
- Zoom Out

27:31 901w 0.79 IF 85 TSS



- 1 24m@200
- 2 2x6s@800r4m@150
- 3 30s@500r4m@150
- 4 4m@360r40m@200

Elapsed Time: 0:00:00.0 Lap: 0 Distance: 0.000

Intensity Adjustments and Workout Control



UCI / WCC STANDARDS TABLE

Male - Sprint (power per kg)

TEST	Normal (W/kg)	High (W/kg)	Development (W/kg)	Junior (W/kg)	Elite (W/kg)	Elite rpm
6" Peak	7.0 - 11.0	11.0 - 21.5	21.5 - 22.5	22.5 - 23.5	23.5 - 25.5 peak	165 - 170 peak
30" Mean	6.0 - 8.5	8.5 - 10.5	10.5 - 11.5	11.5 - 12.5	12.5 - 13.5 mean	145 - 160 mean

Male - Endurance (power per kg)

TEST	Normal (W/kg)	Development (W/kg)	Junior (W/kg)	Elite (W/kg)
4' Mean	2.5 - 6.0	5.0 - 6.0	6.0 - 7.0	6.5 - 7.5
Mean rpm	90 - 105	100 - 105	105 - 110	110 - 115

Female - Sprint (power per kg)

TEST	Normal (W/kg)	High (W/kg)	Development (W/kg)	Junior (W/kg)	Elite (W/kg)	Elite rpm
6" Peak	6.0 - 9.0	9.0 - 16.5	16.5 - 17.5	17.5 - 18.5	18.5 - 19.5 peak	160 - 165 peak
30" Mean	5.0 - 7.0	7.0 - 8.0	8.0 - 9.0	9.0 - 10.0	10.0 - 11.0 mean	140 - 145 mean

Female - Endurance (power per kg)

TEST	Normal (W/kg)	Development (W/kg)	Junior (W/kg)	Elite (W/kg)
4' Mean	1.5 - 4.0	3.5 - 4.0	4.0 - 5.0	4.5 - 5.5
Mean rpm	90 - 100	95 - 100	100 - 105	105 - 110

How do you pass UCI's Pro test - Cycling Weekly

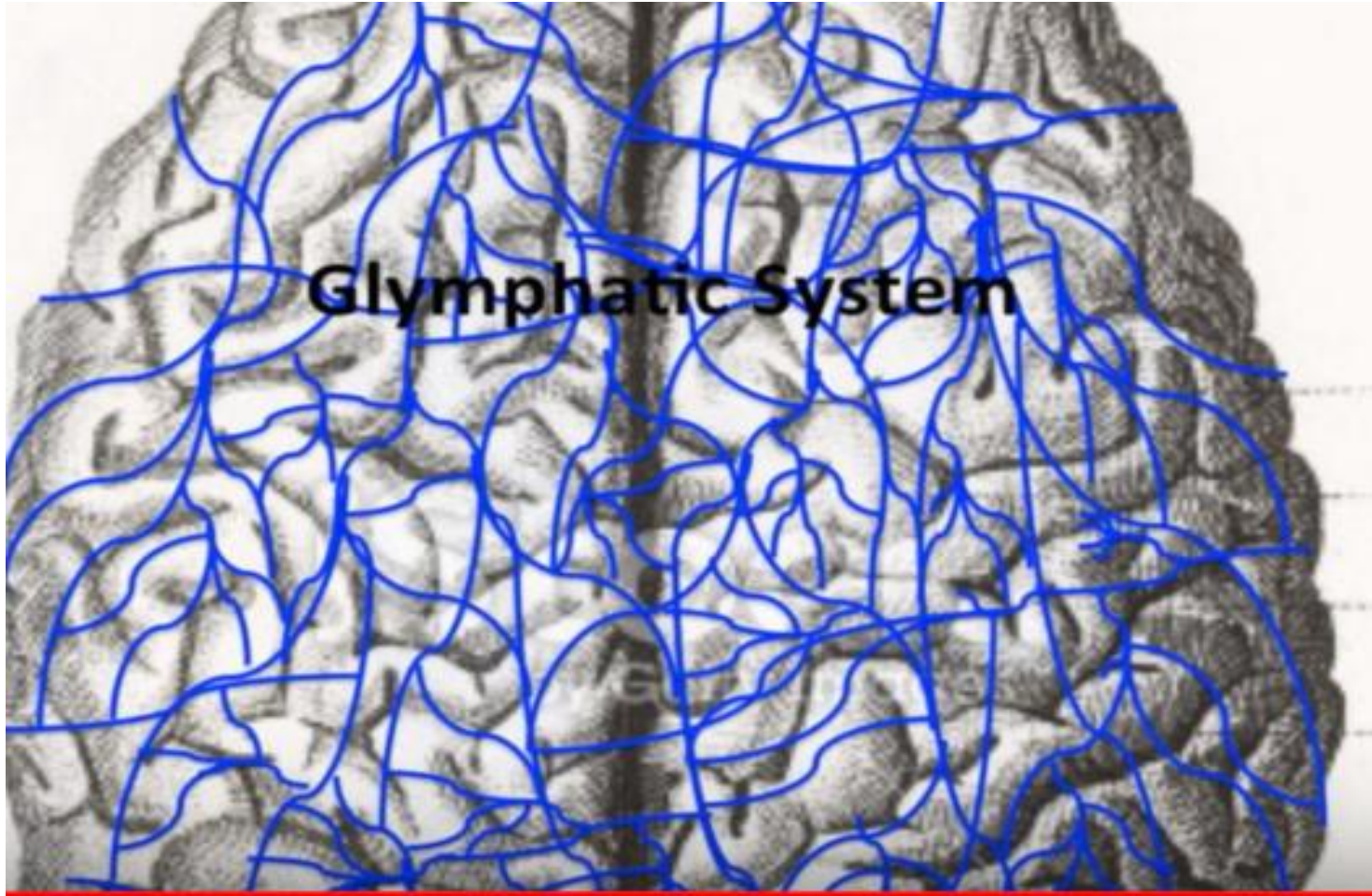
	Paul's results	WCC-UCI average*
Age	26	21
Mass	72kg	65kg
Height	1.75m	1.75m
BMI	23.5	21.5
Best six-second effort		
Peak power	952W	1179W
Peak power	13.2W/kg	18.0W/kg
Average power	796W	1008W
Average power	11.1W/kg	15.4W/kg
Peak cadence	154	160
30-second effort		
Peak power	842W	1046W
Peak power	11.7W/kg	15.6W/kg
Average power	586W	660W
Average power	8.1W/kg	10.1W/kg
Four minute effort		
Average power	273W	324W
Average power	3.8W/kg	5.0W/kg

*Average results were taken from 469 riders from 89 countries at the UCI-WCC and its Satellite Centres



Circadiane klokke -

Åpenbart viktig for hjernefunksjon, men også andre celler



When should I exercise?

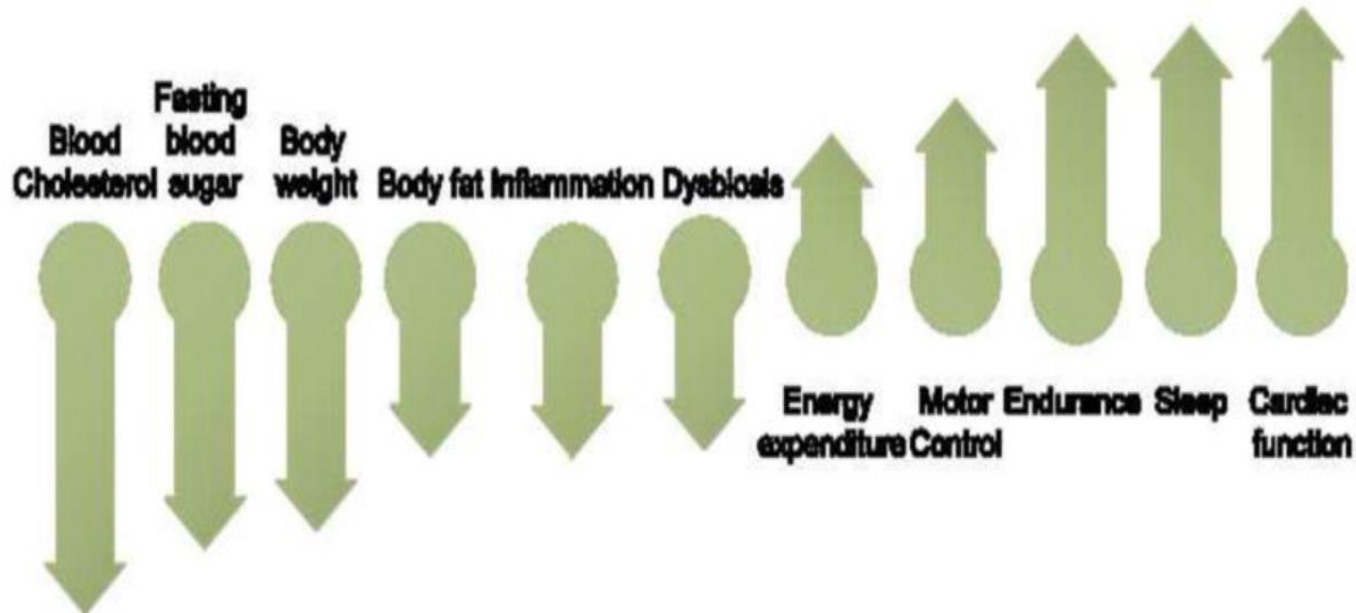
There is no one exact time that you should or should not exercise. Here is some information you may want to keep in mind when you determine when and how much you plan to exercise:

- There is a sharp rise in heart rate in the early morning (~6:45 am, this time will vary based on schedule) due to a peak in cortisol to help you wake up.
- Muscles have the best coordination in the afternoon around 2:30 pm.
- Muscles have the fastest reaction time around 3:30pm.
- Cardiovascular efficiency and muscle strength is greatest around 5pm.
- Blood pressure is highest around 6pm.
- Exercise arouses the brain, so it is good to stop vigorous activity a few hours before you plan to sleep.

How much should I exercise?

Når vi spiser kan også innvirke på helsefaktorer

Manuscript



Author Manuscript

Benefits of TRF in rodents and *Drosophila*. TRF of 8–12 h during the night in rodents or 12 h during the day for *Drosophila* imparts pleiotropic benefits that involve multiple organ systems. The benefits and the direction of change imparted by TRF relative to ad lib feeding of a similar obesogenic or high sugar diet.

History

Intake

Activity

Health

DAYS

WEEKS

MONTHS



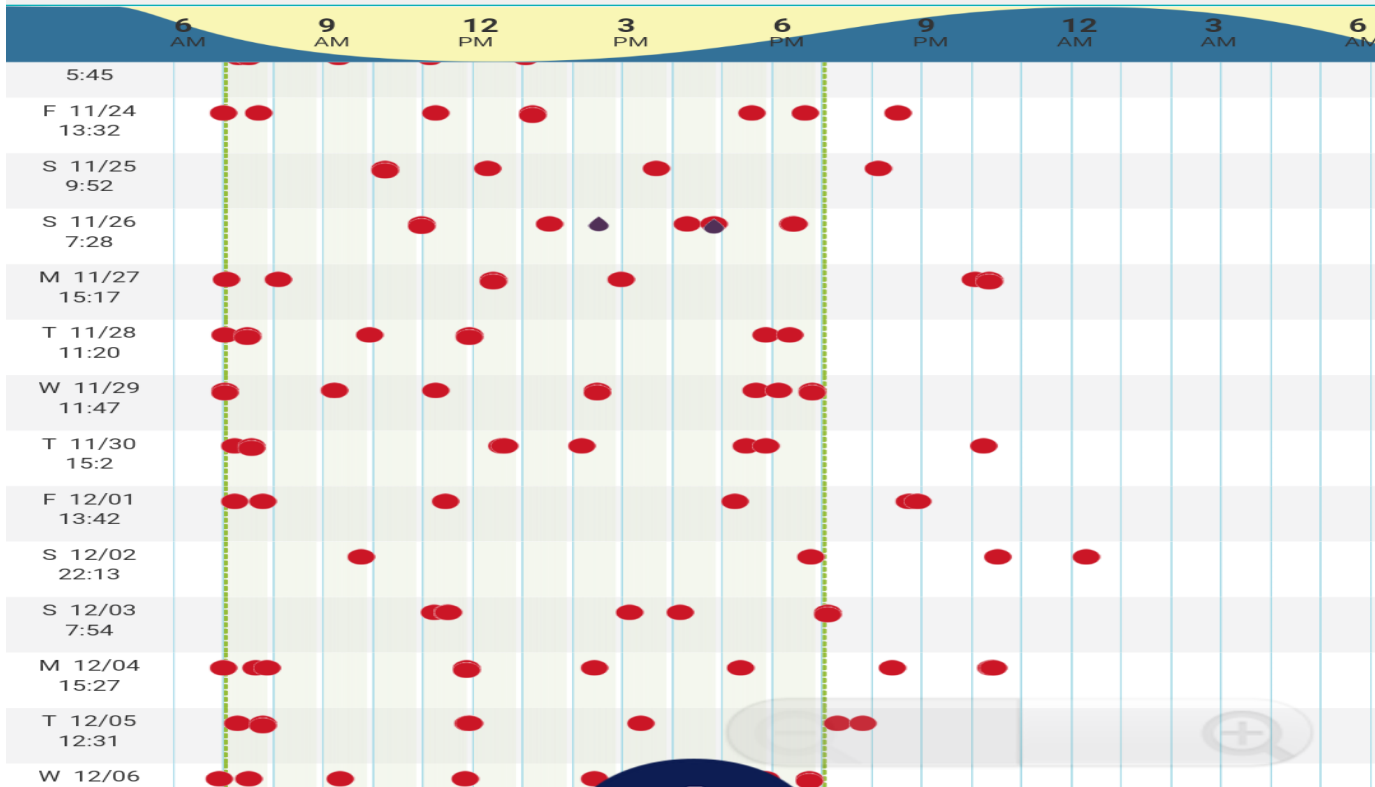
● FOOD/BEV

● WATER

● MED

●●● TARGET

Jump to Date



History

Intake

Activity

Health

DAYS

WEEKS

MONTHS



SLEEP



EXERCISE

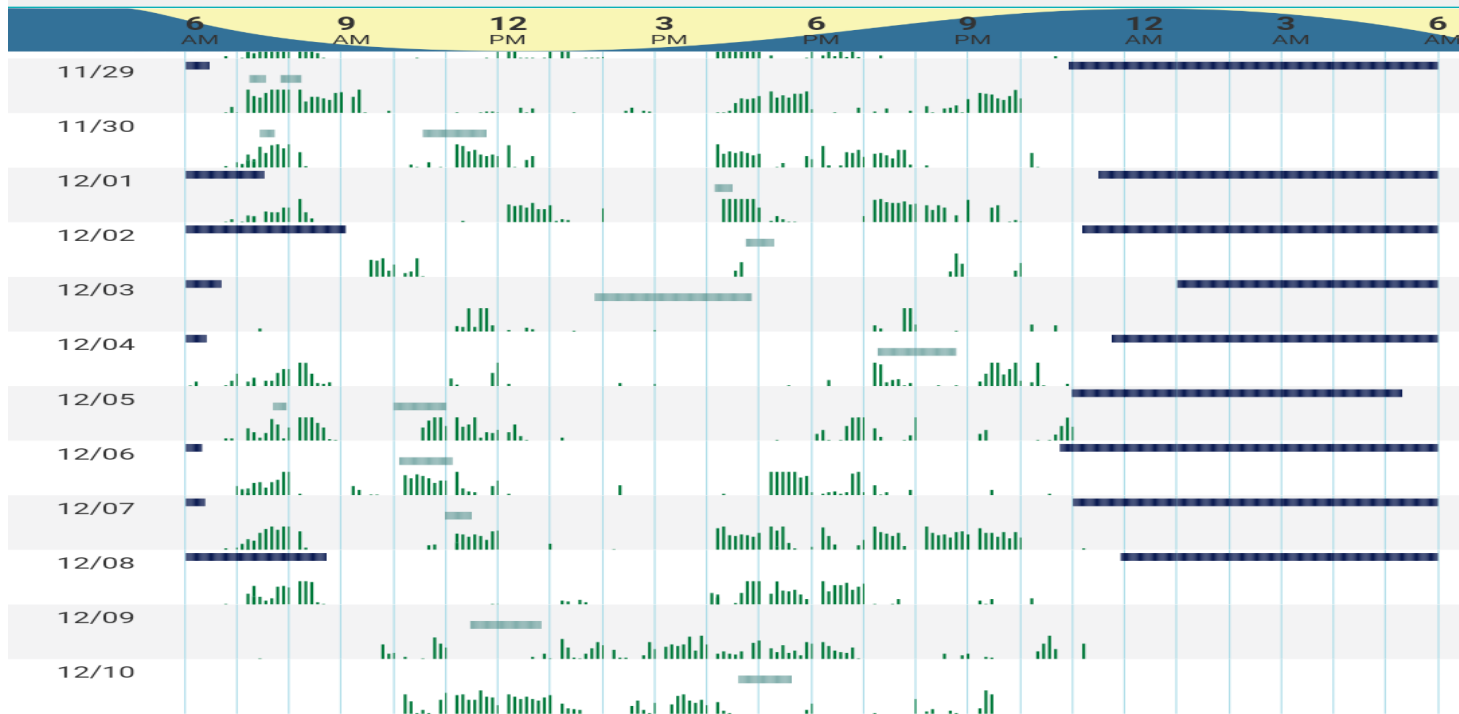


ACTIVITY



Sleep Avg.
7.0 hrs

Jump to Date



Noen lenker til tema 11. desember

- Intervju med dr. Panda om 'Time-Restricted Feeding':
<https://www.foundmyfitness.com/episodes/satchin-panda>
- App'en jeg nevnte kan dere se omtalt og evt laste ned her: <https://mycircadianclock.org/>