NEWSLETTER ISSUE 8

May 2023

FINAL CONFERENCE IN BRATISLAVA

During Friday, May 5, 2023, the Slovak Cycling Federation in cooperation with the Faculty of Physical Education and Sport of Comenius University in Bratislava organized a conference entitled "AKTUÁLNE TRENDY VO VZDELÁVANÍ, TRÉNINGU A DIAGNOSTIKE V CYKLISTIKE". The conference was held at the Faculty of Physical Education and Sport of Comenius University in Bratislava in the presence of the President of SZC Peter Privara, Dean of the Faculty of Physical Education and Sport prof. RNDr. Viktor Bielik, PhD., legendary coach of Slovak and Czechoslovak cycling Kamil Haťapka and of course with the participation of all project partners.

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The subject of the conference was, of course, expert lectures on the developing of endurance, coordination and strength skills, but the participants were introduced to the project, its goals and outcomes. The participants were introduced to the freely available digital platform C-TRENDS:

https://elearning.c-trends.eu/

The digital platform and interactive resources provide coaches and cyclists of all age groups and performance levels in the five disciplines with relevant and up-to-date information in different areas of cycling. The advanced level modules within the platform are a methodical electronic manual containing guidelines for coaches/cyclists to improve their training and sporting practices and sporting performance.

Participants were also introduced to the possibility of using the OptiCycle software, its characteristics, development and method of use. The OptiCycle application works based on two time series analysis. The first time series are the values of the amount of time spent in each training zone (represented by heart rate and mechanical power in watts) prior to the race performance. The user can choose how many months before the race date he wants to process these values. The second time series is made up of the average peak power (FTP) values over 20 or 60 minutes (the user selects a given value before starting the analysis) during

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the recorded race. By subsequent statistical processing of the above data, OptiCycle evaluates in graphical and verbal terms to the athlete with what level of statistical confidence (5, 15 and 20% levels are selectable) the realized training load in the individual training zones monitored by pulse rate or mechanical power is related to the FTP values achieved during the evaluated race. The accuracy of the data obtained is dependent on the number of races recorded. The most accurate values are obtained when the athlete has recorded FTP performances from more than 20 races evenly distributed over the analyzed annual training and racing period. The OptiCycle application itself, along with a more detailed description and manual, is available to everyone after registering on the platform: https://elearning.c-trends.eu/.

F O L L O W   U S

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SLOVENSKÝ ZVÄZ CYKLISTIKY

FAKULTA TELESNEJ VÝCHOVY A ŠPORTU
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