Dear Directeur Sportif,

I am sorry to hear that your team's Sprinter did not perform well in the individual time trial of the Tokyo Olympics. But don't be discouraged, we think that failure is the mother of success. In this letter, I will analyze the reasons for Sprinter's failure and discuss how to improve according to our model.

Firstly, we analyze the personal physical fitness of him. As a team sprinter, his anaerobic fitness level and ability to sprint in short distances are perfect, but his climbing ability and ability to ride long distances need to be improved. In the time trial of the Tokyo Olympics, Sprinter's climbing speed was significantly slower than other competitors, and his speed at the end of the game was not fast enough. These were important reasons for the failure of the game.

Secondly, he may not know enough about his power curve, resulting in an unreasonable distribution of his stamina in this game, which may lead to an unsatisfactory result.

Thirdly, the terrain was also one of the reasons why Sprinter lost this race. This track is long and mainly composed of rugged mountains, making it difficult for him to take full use of his short-distance sprinting ability and limiting his performance.

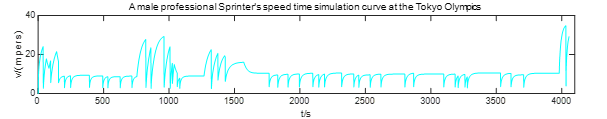


Figure ：Sprinter’s speed time simulation curve at the Tokyo Olympics

Then, we will help you guide your team with our Power Curve Model from two aspects: scientific training before the race, game strategy of individual races and team races.

In daily training, some physical fitness indicators of Sprinter need to be improved especially the maximum oxygen uptake (V O 下標 2 m a x 結束下標) and lactate threshold(L T). These two physical indicators affect the rider's functional threshold power (F T P), and influence the rider's climbing ability and the ability to sustain high-speed rides for a long periods of time. Multiple sets of intermittent sprint running can effectively improve the rider's V O 下標 2 m a x 結束下標, and this training intensity can be great. The lactic acid threshold training intensity is small, mainly in multiple groups of medium and long distance running, and the training time is longer, and the recovery interval should also be kept in motion, which can accelerate the elimination of lactic acid and help improve the rider's sports performance. The training for V O 下標 2 m a x 結束下標 is mainly influenced by genetics, and the improvement is not as good as L T. Therefore, our training focus should be on the training of L T, supplemented by the training of V O 下標 2 m a x 結束下標, along with some aerobic training, which will help to significantly improve the Sprinter's climbing and endurance ability.



Figure ：Sprinter’s power curve and ideal power curve

In individual races, the Sprinter should distribute physical strength reasonably and output power strictly according to the power curve. This requires multiple data tests in Sprinter's physical fitness in usual training to draw Sprinter's power curve as accurately as possible, which can help guide Sprinter's performance in the individual competition and can also design more reasonable training plan for him.

In team competitions, Sprinter shouldn’t take on wind protection in the early stages, especially when climbing hills, in order to reduce the energy he loses in the race. This requires a Climber in the team to help the Sprinter block the wind. He will burst out a higher power output in the last part of the race to lead the team sprint.

I wish the riders to make continuous progress and the team to achieve better results sincerely. The above is my suggestion to your team, I hope it can be helpful to you.