Welcome to the Coach Program

Riders **Bicycles** **Events**

Run Simulation

Cyclist List

Rider Name   Edit   Remove

Rider Name   Edit   Remove

Rider Name   Edit   Remove

Add a rider

Add/Create page is same as edit page

Cancel

Add cyclist

First Name

Last Name

Gender

Male

Age

Height (cm)

Weight (kg)

v02max

Create

Bike List

Bike Name Edit Remove

Bike Name Edit Remove

Bike Name Edit Remove

Add a bike

Add/Create page is same as edit page

Cancel

Add Bike

Model

Mechancial Efficiency

Weight (kg)

Gear Ratios

Gear 1 ⊗
[____] :1

Gear 2 ⊗
[____] :1

Gear 3 ⊗
[____] :1

Create

Event List

| Event Name | Edit | Remove |

| Event Name | Edit | Remove |

| Event Name | Edit | Remove |

Add a event

Add/Create page is same as edit page

Add event

< **Cancel**

Name

Event Type

Track

Race Distance (metres)

Altitude (metres)

Temperature (Celcius)

Barometer

Humidity

Create

Run Simulation

Riders

Joe Donvold ▾   **Add rider**

Rider 1 ⊗

Bike

Cruise Super Lite+ ▾

Event

Tour de France ▾

☐ Find optimal strategy

//Strategy settings put here
//When optimal strategy selected ranges are
given as options so that they can narrow the
optimization range

Run

Add/Create page is same as edit page

Running Simulation....

Cancel Simulation

Simulation Results

Predicted Finishing Time:
01:30:24:155

Pacing Times:
Start: 80%
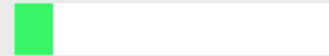2100m: 70%
etc...

Intervals to change:
0:30
0:50
1:20
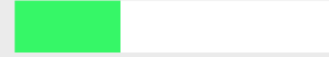etc...

Remaining Energy

Bruce C   62%

Charles   10%

John Cort   30%

Return to Menu

Run another Simulation