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Formfinder Instructions

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1 INTRODUCTION

Congratulations on signing up with Formfinder.

You've chosen a tried and tested professional cycling training programme which will bring you to new levels of fitness in an efficient manner.

Formfinder automatically sets training for your specific event once you tell us a bit about yourself.

The training is based on pro training workouts which are modified to suit your time and ability. The methods come from World Tour coaches which have delivered gold medals.

Formfinder analyses and assesses your data each day and adjusts your training as needed.

You'll be able to see a detailed list of metrics and graphs to see how you're progressing.

Message us if you get stuck on something.

Be prepared for consistent hard work and you should start to see gains within a month of training.

Welcome aboard

Jeremy Hunt

Formfinder

2 QUICK START

Once you sign up, training is immediately generated.

Click on "Training Plan" to see the detail of what you need to do each day.

It will help greatly if you link your account to Strava or your device so that we can receive your training data for analysis.

It would also help if you know your current FTP (Functional Threshold Power).

You'll start with an easier week of training which will incorporate a 20 minute FTP test.

If you have a goal event that you wish to reach peak fitness for, enter it in the goal events section. Even without a goal, the standard training will get you to a high level of fitness.

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3 TRAINING PLAN

This is where you can see the training you need to do for the day.

Scroll down to see previous days' training.

Click on the "show more training" button to see future training for the week ahead.

3.1 ALTERNATE WORKOUTS

In some cases there's an alternative workout for the day. If it's raining or bad weather or you're pressed for time this is a replacement you can do on a home trainer.

A button will appear at the bottom of the day's slide which says "Alternative workout". Click that to toggle between the current workout and the alternative option.

It is usually better to do the original workout but if the weather is particularly bad then go for the alternative.

If there is no alternate workout then no alternate button will show.

3.2 FULL DETAILS

A summary of the workout is shown on this page. Click on FULL DETAILS to see a more detailed explanation of what to do. It is worth reading this so you know what to do in the rest periods and perhaps if there is instruction to vary your cadence (Variable Strength Endurance workouts require alternation between 55 and 90 rpm). The target power and heart rate are also listed here so you don't have to check your zones.

The Training Stress Score (TSS) relates to a metric that grades the fatigue effect of the workout. A 100% effort over one hour is regarded as a TSS of 100.

3.3 SAFE CYCLING TIPS

Please take a moment to read and consider the Safe Cycling Tips. Safety is paramount on the road, consider bright clothing, flashing lights on your bike at all times, and always riding in a predictable manner.

3.4 DOWNLOADING STRUCTURED WORKOUT FILES

Most workouts are provided as a file which you can load to your device to follow. To do this, click on "GET WORKOUT FILE". You will see various formats available such as .zwo, .fit, .erg and .mrc.

Click once download the file. The files are generated in a bespoke fashion for your FTP.

We have partnered with What's on Zwift? to generate the bespoke training files. Check them out at whatsonzwift.com
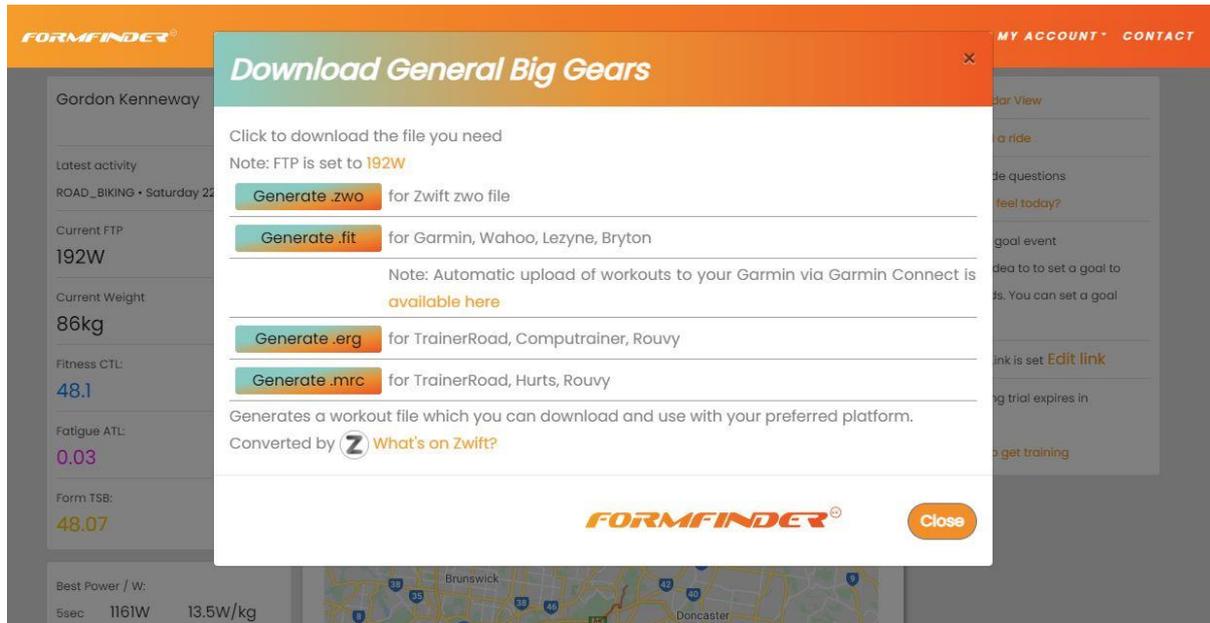
To use these files follow these instructions:

3.4.1 .zwo on PC

Download the .zwo file then move it to your Documents\Zwift\Workouts\<<Numeric Zwift ID>> folder. It will be added to your custom workouts menu the next time you launch the game.

Example: workout file is "formfinder_82_tempo_5X12.zwo". Your Zwift ID is 12345. Move it to My Documents/Zwift/Workouts/12345.

If you don't know your 12345 number, just look in the Workouts folder and you'll see it there.

3.4.2 .zwo on IOS

There are two methods for getting zwo files on to IOS.

1) Upload the file to a PC (as above), start the game, and it'll sync to the Zwift Cloud and back to your IOS device. Of course, this requires access to a PC.

2) The iTunes method

Locate the .zwo files you want to add to your iOS device.

Find the Zwift folder you just saved on your computer and navigate to the following location: Zwift > Workouts > <<Numeric Zwift ID>> folder.

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Move all the .zwo workout files you want on your iOS device into this location.

Go to iTunes and select the Phone icon.

Select File Sharing.

Select Zwift.

When the Zwift Documents screen opens in iTunes, use the File Explorer on your computer to bring up the updated Zwift folder on your screen.

Drag and drop the folder into iTunes.

When prompted, select Replace. Note: Avoid selecting Done until the file copy process has been completed, as indicated in the iTunes status bar.

Restart Zwift and the workout will appear under the Custom Workouts section at the bottom of the workouts list.

3.4.3   .zwo on Apple TV

Even though it's currently not possible to import custom workouts directly on tvOS due to hardware limitations, you can import the custom workout to your account on another Zwift device (PC/Mac or iOS) and that workout will be automatically synced to your Apple TV.

3.4.4   .fit

This is a popular format used by Garmin, Wahoo, Lezyne and Bryton. Depending on the device, you may be able to upload the structured workout to it so you can follow it on the road.

Safety Tip As always, remember to look up at where you are going.

- Plug in device via USB
- Open Garmin device folder
- Open NewFiles
- Copy your TrainingPeaks .FIT workouts file(s) into the NewFiles folder. Note: some devices may require you to place the file directly in the "Workouts" folder.
- Eject device
- You should see your workout under the workout under Training > Workouts> Workout Title. If you don't see it immediately you may need to restart your device.

Note: If the workout does not load you may need to free memory by removing old workouts. In some cases you can only load one workout file at a time. Hitting the Lap button will advance the workout to the next step.

3.4.5   .erg and .mrc

These files are used with TrainerRoad, Computrainer, Rouvy and other platforms. To use these files, download them from Formfinder then upload them to your platform.

Instructions will vary depending on the platform, e.g. for TrainerRoad:

- Download the erg file from Formfinder
- Once the file has been successfully exported, you can drag and drop the .erg or .mrc file into the workout list.
- Once you've dropped the file into the Workout Creator you will be prompted to title your new custom workout.

4 HOW DO YOU FEEL?

If you click on HOW DO YOU FEEL you can provide some information prior to riding.

For example if you are sick then you will have to rest. This is what happens for professionals and this is what you should do too.
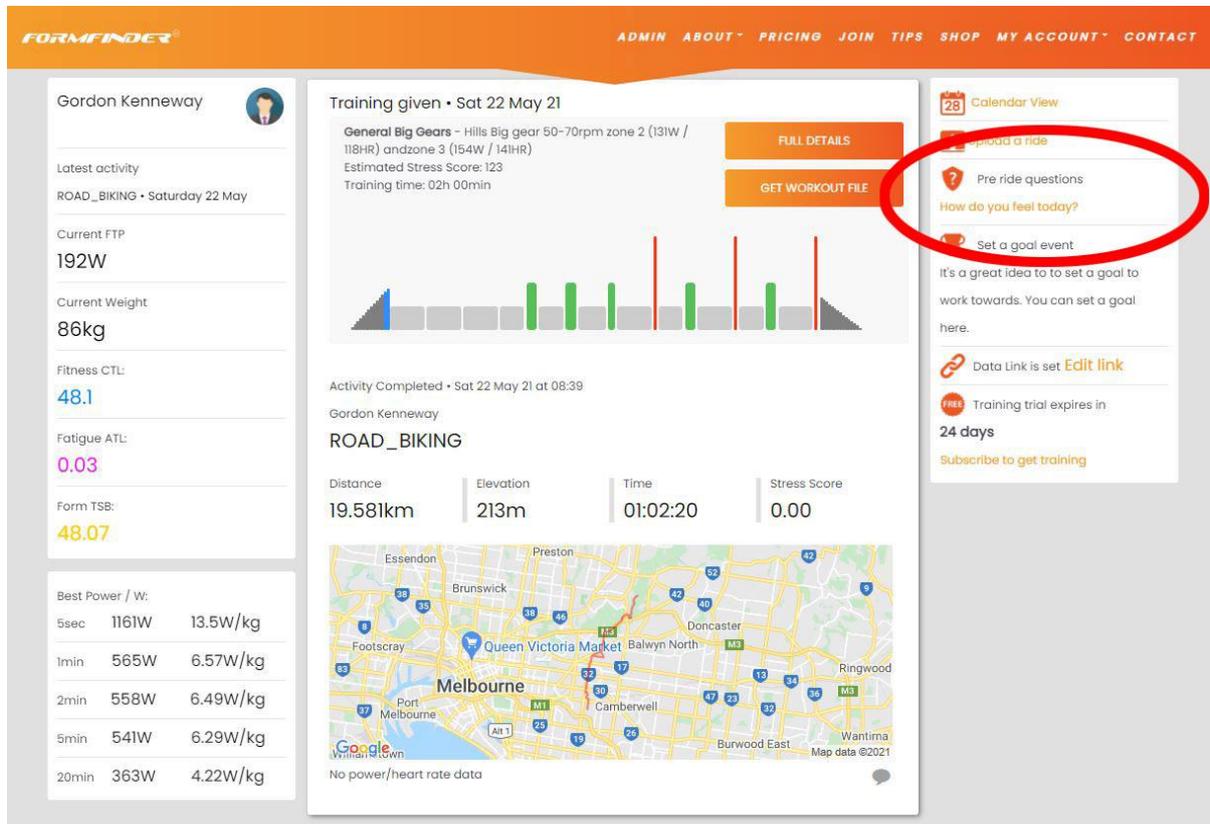
On mobile devices it appears here:

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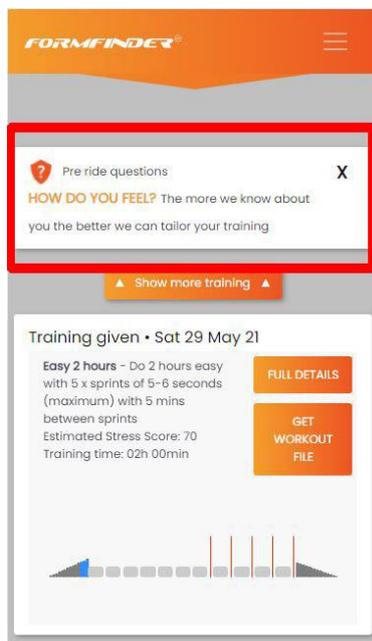
How do you feel today?

Friday 28 May

Planned Workout: TEMPO 3X15 Z3LOW **Estimated time:** 01 HR 22 MIN

Estimated TSS: None

Please check any that apply:

- ☑ I feel good
- ☐ I have to miss training today (other commitments - work, family for example)
- ☐ Please swap workouts of Tuesday 25th and Monday 24th
- ☐ Please swap workouts of Tuesday 25th and Wednesday 26th
- ☐ Heart rate on waking was over 10 beats more than normal resting pulse
- ☐ Terrible night's sleep
- ☐ My legs are dead
- ☐ I feel too tired to train hard today
- ☐ I've got a hangover
- ☐ I'm sick - sore throat, run down
- ☐ Sick - not a cold
- ☐ Injured - sore knee, sore back, broken bone etc
- ☐ I've just changed my riding position significantly
- ☐ Don't have time to ride today
- ☐ I've got a problem with my equipment
- ☐ Crashed - had a crash today, nothing serious but sore

FORMFINDER   Close or Submit

Feel good - great, train as normal

I have to miss training today (other commitments - work, family for example). Your day will be scheduled as a rest day and training may continue as normal or may change depending on the workout you are missing. Don't worry about missing a few days here and there - the long term is important.

Please swap workouts of this day and previous day - This will swap the days. The order of training rides is important, so try not to swap too often.

Please swap workouts of this day and the next day - This will swap the days.

Heart rate on waking was over 10 beats more than normal resting pulse - you may be told to take a day off. If so, then follow the advice given.

Terrible night's sleep - it'll be hard to ride hard with poor sleep, so follow the advice given.

My legs are dead - situation normal for a cyclist in training. Try to push through.

I feel too tired to train hard today - usually you should try to push though. Fatigue is expected during the training phase.

I've got a hangover - Your own fault. You need to prioritise your training!

I'm sick - sore throat, run down - you should take a day or some days off.

Sick - not a cold - time off.

Injured - sore knee, sore back, broken bone etc - Definitely time off. Focus on recovery.

I've just changed my riding position significantly - time is needed to adjust. Follow the advice.

Don't have time to ride today - that's OK, it happens. No point training at 10pm. Get some rest, train tomorrow.

I've got a problem with my equipment - Try to plan ahead with these things, arrange a spare bike or get to your local bike shop asap.

Crashed - had a crash today, nothing serious but sore - best take a day off. Injuries often reveal their true extent after 24 hours.

5 VIEWING RIDE DATA

If you have linked your Strava or device (like Garmin, Polar, Suunto) and recorded an activity then it will show up in your training feed.

Click on it to view more details.

If there are multiple rides in a day then they will be listed here. In this example two rides are visible.

6 OVERVIEW TAB

On the Overview tab you can see a map of the ride and ride statistics such as time, speed, power, heart rate where available. The ride name and date, and a note from the coach head this page.

Click on "Bests by Power" or "Bests by Heart Rate" to see where you did you best for each time allocation.

For example, clicking on 1min will zoom the map and highlight where you achieved your best 1minute power on the ride. The graph is also lightly highlighted at that spot.

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The graph shows Heart rate, power, cadence, altitude, speed and w'bal where data are available.

Highlight an area to zoom in the map and graph together. To return to full view, double click the graph.

You can remove lines from the graph by clicking on Hide/show lines at the top of the graph.

Note that on mobile devices the graphs are fixed and can't be zoomed.
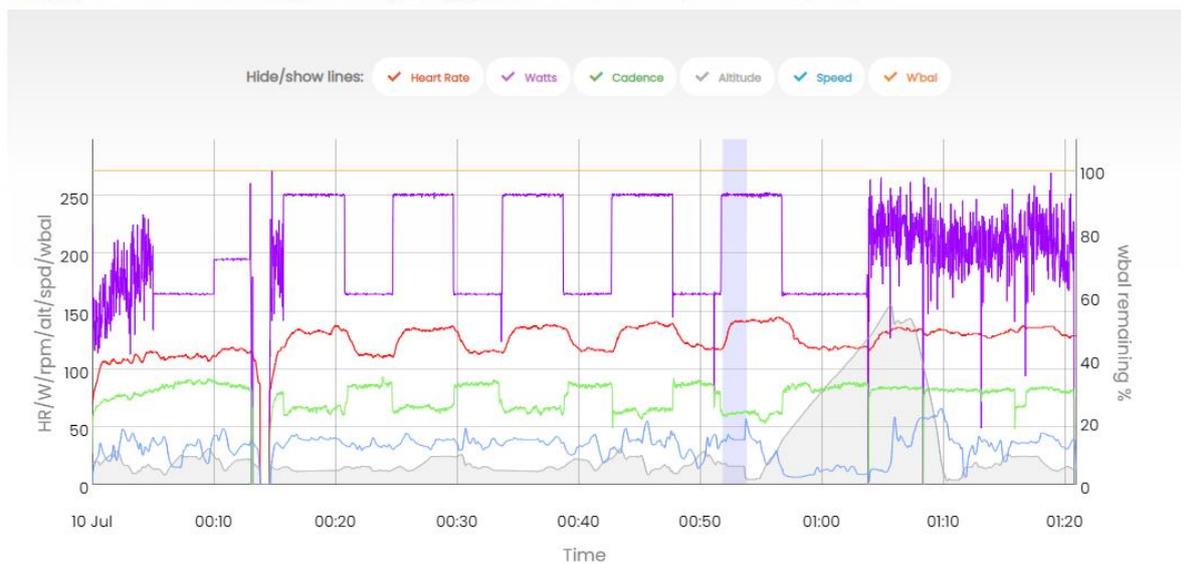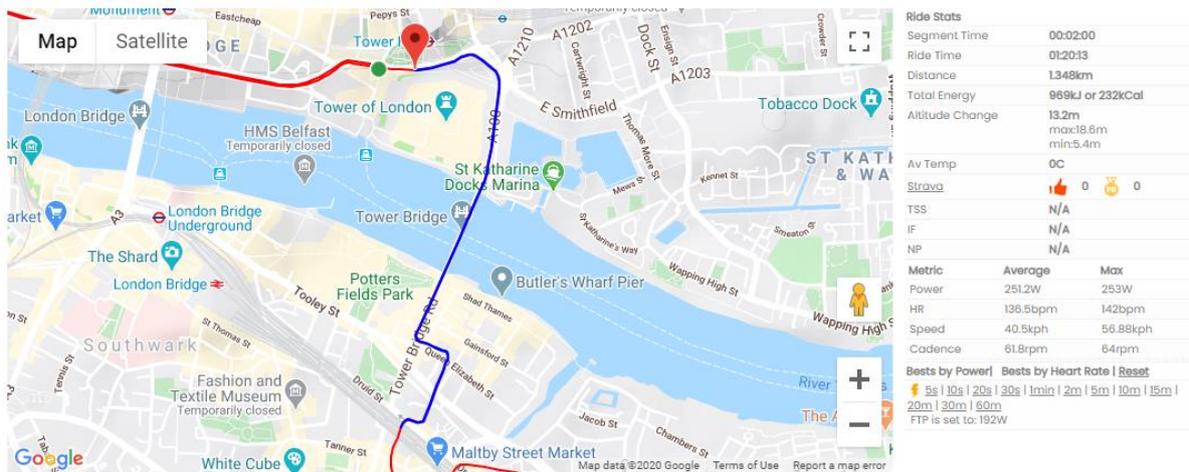
The next series of graphs show heart rate and power by time. This can be useful to gauge how your ride went.
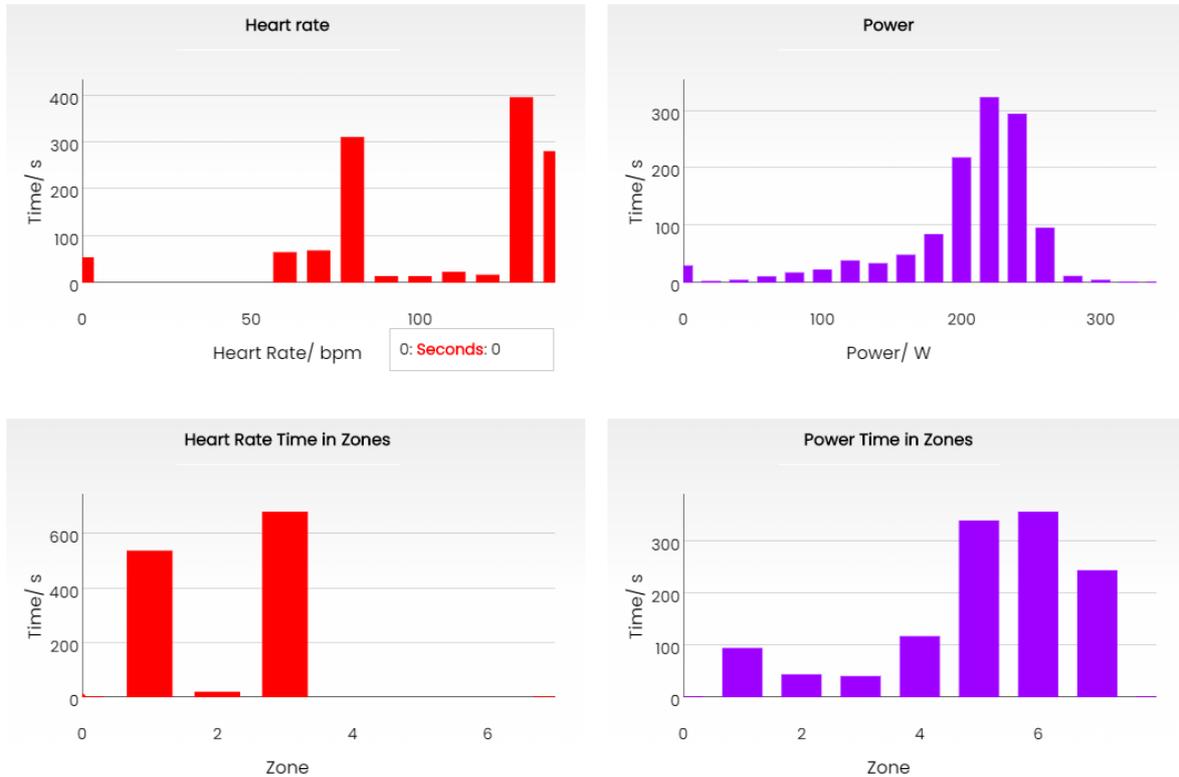
Graph info: Highlight or pinch an area to zoom in. Shift-click to move left and right. Double-click to return to full graph.

CLEAR FROM BESTS Click to remove this workout from your bests

DELETE Click this to delete this file

For every ride your best power data by time is stored. For example, your best 1 minute power of 600W is stored on today's ride. You may wish to not have bests for this ride stored, for example if your power meter is not working properly or you lent your bike to your friend. In this case, click CLEAR FROM BESTS to remove this ride from your best powers. The button will then change to RESTORE BESTS. Click on that to add them back in to your data.

6.1 DELETING A RIDE

If you wish to delete the ride altogether, for example if it is a duplicate ride, then click on DELETE. You can get the ride back if you clicked it by accident. If you have really lost it then email support@formfinder.cc and we can restore it from back up.

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7 FEEDBACK TAB

The FEEDBACK page is where you can see a comment about your ride and discuss how it went.

The intervals you did will be automatically identified and assessed.

Jeremy says:
You'll get a comment about your ride. There is a 5-star ranking for how well you completed the prescribed training.

7.1 FEEDBACK QUESTIONS

Under the comment is your chance to give us feedback.

How you answer will affect what happens to your training in the following days.

Your ride is analysed and this may also affect your training. For example you may decide to go for a long ride with friends on a rest day. In this case you'll get your rest day the next day automatically.

Remember that it is always best to let the system have your data to make the best decisions.

The questions will vary depending on the type of ride, for example a race, group ride or test.

For example:

- Went well - great, keep going. You should feel good.

- Had to do a shorter workout - lack of time - much better to have ridden a little than to do nothing. You can train the next day.

- I did a completely different workout to what you gave me - that's fairly normal. Try to stick to the plan fairly closely. Main thing is to enjoy your riding.

- I did an unscheduled race today - sometimes you decide to hop into a race. A "C" race will be put into the plan. Too much racing at the wrong time will disrupt training for your goal event, so enjoy yourself but don't race too much.

- Please swap this workout with the next day's workout - this will swap the days.

- Please swap this day's workout with previous day's workout - this will swap the days.

- Coach you got it wrong! I did do the session given - we do get it wrong, so letting us know will help us improve.

- This was my commute - this is so that we don't try to interpret your commute as your training ride.

7.2 TYPICAL PROBLEMS

1) Rode too hard. For example if the workout specifies intervals in the mid Zone 3 and you did them in Zone 4 then you won't get as good a score as if you did them easier. Most athletes want to work as hard as they can but it can be counterproductive if done at the wrong time.

2) Didn't do the correct number of intervals. You might have miscounted or could not finish the last interval.

3) Didn't ride the full amount of time. You might have something else you need to do. If you can get any ride in, that's ideal, especially if you can get the intervals into the session.

4) Didn't do the sprints. This is something that will significantly improve you, but often gets forgotten or ignored.

5) Didn't ride at all. It happens. Try to keep your HOW DO YOU FEEL? updated regardless of why you missed the session.

6) Did a totally different ride to the one set. Again, it happens. There's no need to be a slave to the training, but try to stay mostly on plan.

7) The intervals you did were not picked up properly by the computer. The computer usually finds them when they are done on trainers but this is harder on the road where there it is hard to hold a steady wattage for reasons such as traffic lights, intersections, terrain, etc. If this is the case, please click on "Coach you got it wrong!" in the feedback tab.

7.3 CHAT TO A HUMAN COACH

You can also leave a comment which will be read by an accredited human coach. If the coach replies then you'll see that reply in your workout and it will also be emailed to you.

The comments are read Monday to Friday and answered within a day.

Additional Comments

Add your comments here...

Send comments to coach

Note: All comments are read by a human coach, but not all may be answered. Comments are read daily Monday–Friday.

7.4 TESTS

If a test was given you'll have questions related to that. For example if you had an FTP test and your power meter was off that day then you may not wish to update your FTP. If all went well then you can lock in your new FTP.

Jeremy says:
FTP Test Result – Congratulations!

New FTP 214W
Old FTP 192W
Yeah! That's what I'm talkin' about!
You improved by 22W

8 DETAIL

This shows the computer's analysis of your ride. It will pick out the intervals performed.

SE 5X5 ZONE2   10 July 2020 *"This was a scheduled rest day."*   < Training Plan

OVERVIEW   FEEDBACK   DETAIL   BESTS   FITNESS

ZONE INFO

Hide/show lines: ✓ Heart Rate ✓ Watts ✓ Cadence ✓ Altitude ✓ Speed ✓ W'bal
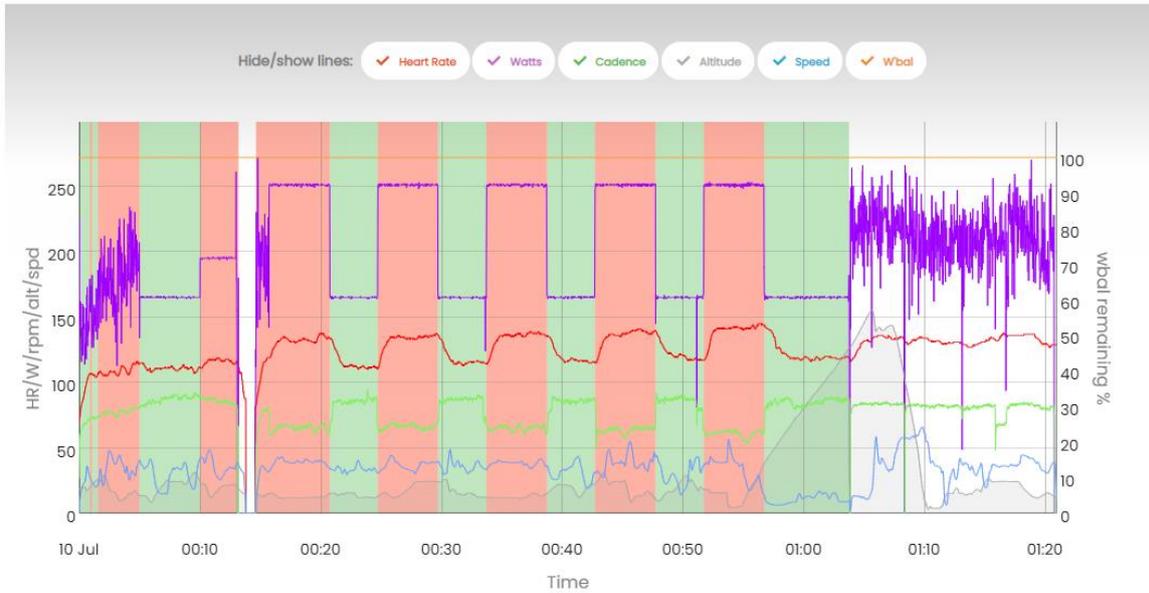
THE ZONES

Zone 7	Zone 6	Zone 5	Zone 4	Zone 3	Zone 2	Zone 1	Zone 0
Sprint	Anaerobic Capacity	VO2	Threshold	Tempo	Endurance	Recovery/Endurance	Resting

Zone 4 upwards - VO2

Interval	Time		Speed		Power/W			Heart Rate/bpm			Cadence/rpm			
	Duration	Start	Max	Avg	Max	Min	Avg	Max	Min	Avg	Max	Min	IF	NP
1	00:00:12	00:00:54	28.08	148W	179W	127W	98	107	106	67	74	72	-	-
2	00:03:27	00:01:34	48.24	181W	234W	113W	109	116	105	77	82	73	-	-
3	00:03:11	00:10:02	48.6	188W	261W	0W	115	119	111	84	90	0	-	-
4	00:06:07	00:14:40	43.56	240W	272W	142W	127	138	83	67	81	48	-	-
5	00:04:59	00:24:45	44.64	250W	253W	229W	132	138	111	66	70	62	-	-
6	00:05:01	00:33:45	41.76	250W	252W	208W	134	139	114	65	69	60	-	-
7	00:05:02	00:42:44	55.08	250W	252W	208W	135	141	115	64	87	49	-	-
8	00:05:01	00:51:45	56.88	250W	253W	186W	139	145	117	61	65	53	-	-
9	00:17:16	01:03:47	66.24	207W	270W	0W	132	138	116	80	87	0	-	-
Total	00:50:16													

Zone 3 Tempo

Interval	Time		Speed		Power/W			Heart Rate/bpm			Cadence/rpm			
	Duration	Start	Max	Avg	Max	Min	Avg	Max	Min	Avg	Max	Min	IF	NP
1	00:00:54	00:00:00	36.36	140W	225W	114W	89	106	69	64	72	27	-	-
2	00:00:28	00:01:06	23.76	144W	172W	127W	101	107	104	71	74	72	-	-
3	00:05:01	00:05:01	41.76	164W	166W	134W	111	115	107	87	92	80	-	-
4	00:03:58	00:20:47	40.68	164W	166W	164W	115	134	110	85	94	65	-	-
5	00:04:01	00:29:44	48.96	164W	167W	124W	118	137	113	86	91	68	-	-
6	00:03:58	00:38:46	43.92	164W	167W	164W	119	136	115	85	90	63	-	-
7	00:03:59	00:47:46	44.28	164W	167W	81W	122	139	117	85	92	63	-	-
8	00:07:01	00:56:46	17.28	165W	170W	162W	122	144	116	85	89	64	-	-
Total	00:29:20													

Zone 0 – resting

Total Time in Zone		00:01:27

9 BESTS

This tab shows your all-time best performances over different time periods in grey.

It shows today's ride data in purple.

Best 00:01	Date	Avg Power
Today's	10 Jul 2020	272W
Best ever	12 Dec 2019	1240W
Best 00:02	Date	Avg Power
Today's	10 Jul 2020	265W
Best ever	12 Dec 2019	1226W
Best 00:03	Date	Avg Power
Today's	10 Jul 2020	263W
Best ever	12 Dec 2019	1206W
Best 00:04	Date	Avg Power
Today's	10 Jul 2020	259W
Best ever	12 Dec 2019	1186W
Best 00:05	Date	Avg Power
Today's	10 Jul 2020	259W
Best ever	12 Dec 2019	1161W
Best 00:06	Date	Avg Power
Today's	10 Jul 2020	260W

10 FITNESS

The Fitness tab shows your Fatigue, Form and Fitness levels. The data are available on the [Fitness] page. Have a look there for a full explanation of what the values mean.

Whilst this chart is a useful guide, please don't follow it too closely. The fatigue from hard power workouts and races is not adequately reflected.

Resting will improve performance, even though it makes the blue fitness line drop. You're not losing fitness, you're resting to help improve peak performance!

Highlight to zoom, shift-click to drag left and right.

10.1.1 Distance Ridden and training hours

On this page you can also see the distance you've ridden and training hours you've put in.

DISTANCE / KM

Distance / km

This shows the distance you have covered.
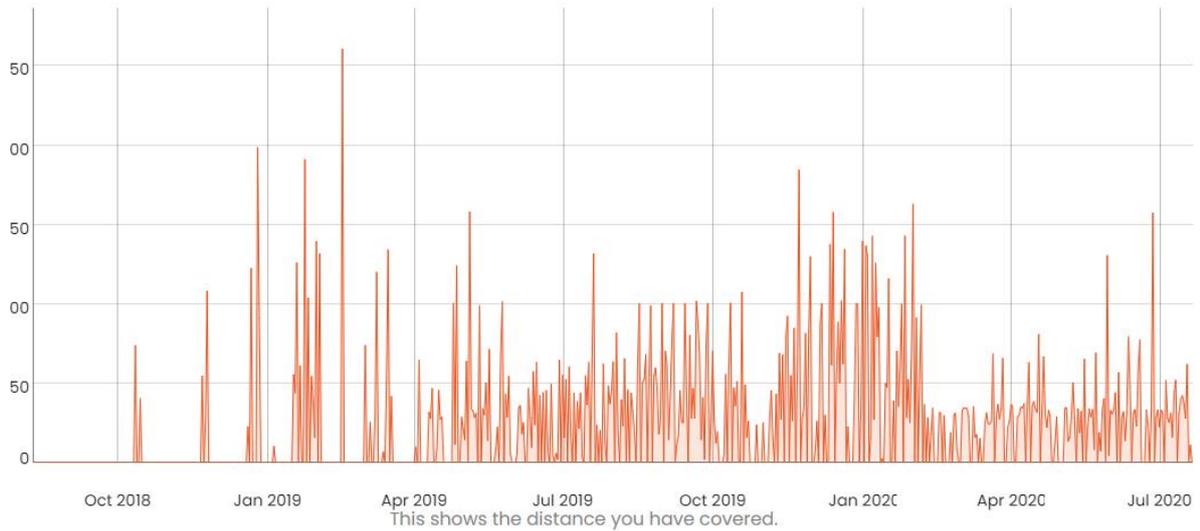
TRAINING HOURS

Training time/ hours


This shows the training hours in your program.
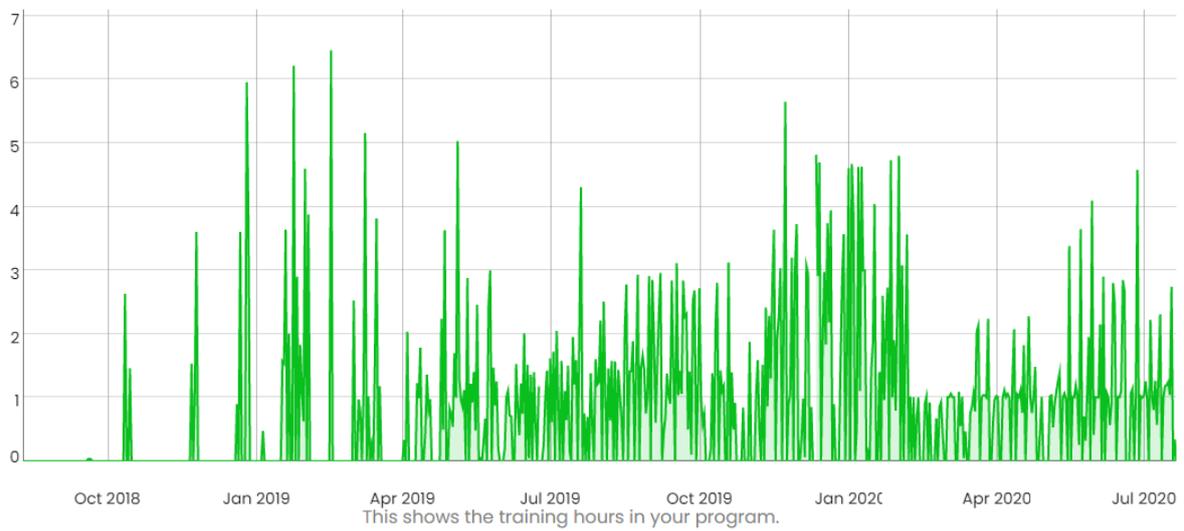
11 CALENDAR

The calendar page is another way to see your training plan. In this case it is arranged by month and allows you to easily find older workouts.

Summary information about the Training Given and Training Done is shown for each day.

Clicking on Training Given takes you to your Training Plan where you can view workout long descriptions.

11.1.1 Uploading a file
You can upload fit files to this page by dragging them into the page.

12 GOAL EVENTS

This is where you add goal events.

A - most important, up to 1 to 3 times per year, gives ~6 week build up

B - important races, ~1 week build up

C - regular races, one easy day beforehand

Your training will bring you to a peak for your most important events.

Click "Add a new event +" to add a new event. Enter details and confirm in the pop up window.

12.1.1 Multiple races

If you have a lot of races coming up leading to an A Priority race, then to impact your training less it is recommended to list those races as C Priority races. You'll get an easier day before your C race then will get back into training the next day.

B Priority races have around a 1 or 2 week build up, then straight back to normal training.

A Priority races have around a 4 to 6 week build up. Most athletes including pros find the ideal amount of time to perform dedicated training for a target event to be no more than 6 weeks.

12.1.2 Over-Racing

There are usually plenty of events being run in the summer. Additionally there are lots of fun group rides to join. First of all you need to enjoy yourself and the good weather, but be careful about not

racing too much. It doesn't take long to dig yourself into a hole which will ruin your fitness, so remember to be sensible if you have a big event coming up.

12.1.3 Event Type

Normal training doesn't change for a specific event, however in the preceding 6 weeks there will be specific training for your target event. For example the Formfinder Time Trial programs were written by Ben Day who coached Luke Durbridge to Australian TT Championship Gold in 2020.

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13 NO TRAINING DAYS

This is where you can book days off - perhaps for travel, work or social events.

Your training will automatically reform around this schedule.

If you miss training here and there it won't affect you much. Remember the long game - regular training over months and years is what brings benefits.

13.1.1 Entering a day off

Click on the "Give me a day off +" to get a day off. Enter details and confirm in the pop up window.

You can increase the number of days you would like your training be put on hold, for example 7 for a full week off.

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14 SETTINGS

From here you can adjust your name, address, fitness details and payment details.

14.1 BILLING SUMMARY

The address here is used for credit card security checks, so try to match it if you can.

Formfinder also sends emails to the email address listed here, so if you want to get alerts then set it correctly here.

14.2 HOURS PER WEEK

Approximately how many hours per week you can spend training. Note - You might need to do a few more than this now and again, so it isn't fixed. Big weeks of training will be closest to your maximum allocated hours per week.

How many hours should you do? If you're riding full time then choose around 20+ hours. That means you have a low stress lifestyle and have a lot of time to train.

If you're working full time and juggling family commitments then choose what you can. You can always increase or decrease this value as time becomes available.

Generally 8-12 hours will get you in to race winning shape. That will allow around 1-1.5 hours most weekdays and longer on the weekends. More is not always better.

14.3 KM OR MILES

Prefer km or miles? Choose whether you prefer Imperial or Metric references in your training programme.

14.4 FTP IN WATTS

The highest average Wattage you can hold for 1 hour, e.g. 230W. You'll need to do a test with a power meter if you don't know.

14.5 FTP HEART RATE

The highest average heart rate you can hold for an hour e.g. 170 beats per minute (bpm).

14.6 CRITICAL POWER

Critical Power (Watts) is the power you can sustain for around 20-30mins. It is calculated using your best 5min and 20min power, so will end up a little higher than FTP. It's used as part of your W'bal calculation.

14.7 W'BAL PRIME

W'bal is your anaerobic energy store (Joules), like a battery that depletes when going hard (riding over Critical Power) and recharges when going easy. It is calculated using your best 5min and 20min power.

14.8 HEIGHT

This is useful information to understand rider body type.

14.9 WEIGHT

This is needed to understand rider body type and W/kg calculations.

14.10 Year of Birth

We don't ask for your birth date, just birth year as plans change according to age. As we get older there are physiological changes, e.g. recovery from a hard session takes longer but endurance improves.

14.11 Sex

Men and women can handle the same training, but it can be useful to know when comparing yourself to other athletes.

14.12 Years Training

How many years' endurance training have you done in your life.

14.13 Winter starts

This is the day and month when you'd like to change to off season (winter) training.

Winter training starts with an easy few weeks off then starts up with lower intensity rides focusing on strength and endurance. (Note that the year is ignored).

14.14 Long Ride days

Check the days when you have more time to ride longer (more than 2.4 hours). For most people that's weekends. If you intend to ride more than 10 hour per week then we recommend that you tick all boxes to avoid receiving too many truncated workouts.

14.15 Plan

Payment card on file

These are your payment card details. Payment details are processed by Stipe.com. We do not receive your full card details - they are retained by the bank.

14.16 Discount code

Enter it here if available.

14.17 UPDATE SETTINGS

If you have made changes then hit update to save them. Your plan will regenerate if anything has changed.

14.18 END SUBSCRIPTION

Click this then confirm if you wish to end your subscription. Your login will remain live until the end of the period you've paid for.

For example if you have paid until 31 December and end subscription on 5 December then your account will remain live until 31 December. After 31 December you can still log in but you won't receive any more training.

14.19 RESTART TRAINING

If you have stopped training for a little while, perhaps a few weeks, then you can restart your training. This resets your training with an easy lead in week to get you back up to speed.

Warning: If you update or reset your training you can't revert back to your previous scheduled training.

15 TARGET POWER/HR

This is a reference page so you know what power and heart rate you need for each zone.

CURRENT FTP	⚡192W 2.2W/kg	❤160
ZONE 1	⚡ 106W	❤ 109
ZONE 2	⚡ 131W	❤ 118
LOW ZONE 3	⚡ 148W	❤ 134
ZONE 3	⚡ 154W	❤ 141
SWEET SPOT	⚡ 169W	❤ 144
HIGH ZONE 3	⚡ 175W	❤ 146
ZONE 4	⚡ 182W	❤ 155
ZONE 5	⚡ 211W	❤ 168
ZONE 6	⚡ 230W	❤ -
ZONE 7	⚡ 346W	❤ -

When training you want to stay as close as you can to the prescribed power. Within +/- 5 Watts is ideal. This is easier on a home trainer in the constant environment, and harder to be so accurate on the road.

Heart rate can vary quite a bit depending on body temperature and hydration, but we are looking for a stable value once warmed up. For example you might only reach your target heart rate in the final stages of your interval.

Edit your FTP / WATTS and Heart rate in settings to change targets.

FORMFINDER

16 FATIGUE - FORM - FITNESS

This is the same information as shown in "View Ride" workout data.

FITNESS today 54.54   FATIGUE today 62.79   FORM today -8.25
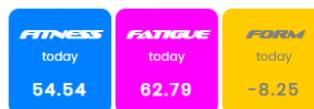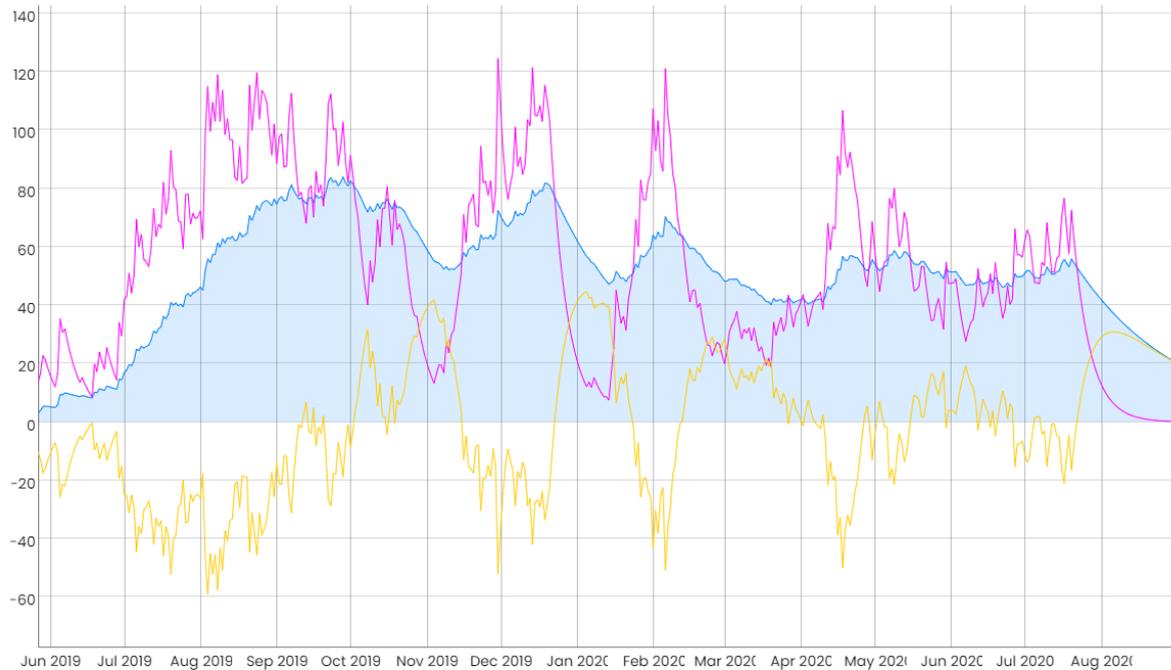
FATIGUE
Fatigue is the pink line (ATL - Acute Training Load). This shows how hard your training has been today. Higher means more fatigue.

FORM
Form is the yellow line (TSB - Training Stress Balance). If below -20 (range -10 to -20) then you are training well and tiring yourself as intended. Below -40 is usually too much load, so back off a bit.

Before big races it is advised to rest/taper so that the yellow line rises above zero. Around +15 to +25 usually produces the best results, but some riders may prefer closer to +5.

In general, we want to stay out of the -10 to +10 range, as your fitness won't be improving.

If you head over +25 due to a long rest or sickness, then you're starting to lose fitness.

FITNESS
Fitness is the blue line (CTL - Cumulative Training Load). Higher means more accumulated load, so more fitness built.

Amateur riders generally have a CTL of 40 to 100. Pro riders might get up to 150 and can be around 200 at the end of a 3 week stage race, which is extreme.

FORMFINDER

17 W/KG COMPARISON CHART

This chart is a references your best performances to World bests in that category.

For example if you can do 11W/kg for 1 minute then you are World Class. This compares you against the world's best 1 minute performances, so don't feel you can world class in every area.

There are different charts for men and women. Make your selection at the top.

	MEN		WOMEN	

Men W/kg ⚡				
Category	**5s**	**1min**	**5min**	**FTP**
World Champion	25.180	11.500	7.600	6.600
World Class	24.877	11.383	7.494	6.505
WorldClass	24.575	11.265	7.389	6.410
WorldClass	24.272	11.148	7.283	6.314
WorldClass	23.970	11.030	7.177	6.219
WorldClass	23.667	10.913	7.072	6.124
WorldClass/International	23.364	10.796	6.966	6.029
International	23.062	10.678	6.860	5.933
International	22.759	10.561	6.755	5.838
International	22.457	10.443	6.649	5.743
International	22.154	10.326	6.543	5.648
International	21.851	10.209	6.438	5.553
International/Excellent	21.549	10.091	6.332	5.457
International/Excellent	21.241	9.974	6.227	5.362
International/Excellent	20.943	9.857	6.121	5.267
Excellent	20.641	9.739	6.015	5.172
Excellent	20.338	9.622	5.910	5.077
Excellent	20.036	9.504	5.804	4.981
Excellent	19.733	9.387	5.698	4.886
Excellent	19.430	9.270	5.593	4.791
Very Good	19.128	9.152	5.487	4.696

You can use this chart to figure out what sort of athlete you are.

First you need to make sure you've attempted your best performances for the specified time. For example, a general hard ride probably won't produce your best FTP, but a targeted 20 minute test will.

You can then see how your results trend. E.g. slope up to the right, left, flat or upside-down V shape.

Slope up to left (High 5s, lower FTP) – a sprinter

Slope up to the right (Lower 5s, high FTP) – Time trialist or climber

Upside-down V shape – great 4 to 5 minute power: pursuit / prologue specialist / classics

V shape – unlikely as high power and high FTP are usually opposites. Maybe check your test results.

About the same level in all areas: all-rounder with no speciality. A fairly typical athlete profile.

FORMFINDER

18 DATA CONNECTIONS

It is important that Formfinder can collect your data in order to give you the best customised training. On this page you can link to various platforms to allow for secure data collection.

Once connected, data will automatically download to Formfinder every time you upload a new activity. You may also upload data by dragging fit files directly into your calendar or training plan.

Note that if you terminate your account, data are deleted and cannot be recovered.

STRAVA ⓘ   *Connect*

GARMIN.CONNECT download the app
• *Get my workout data from Garmin* ⓘ   *Connected Stop*
• *Upload workout instructions to my Garmin* ⓘ   *Connected Stop*
   – *Automatically sync workouts to my Garmin* ⓘ   🟠
   – *Delete completed workout instructions* ⓘ   🟠

POLAR. ⓘ   *Connect*

SUUNTO ⓘ   *Connect*

wahoo ⓘ   *Wahoo is still building their cloud*

Strava
Click on Connect and follow the instructions. You'll be sent to the Strava log in page. Give permission for Formfinder to get your files, then every time you upload a new workout to Strava, it'll stream to Formfinder within a few minutes.

If your Strava connection drops, disconnect and reconnect and it will start working again. This happens occasionally.

Garmin
Get my workout data from Garmin. Click Connect and follow the instructions. You'll be sent to the

Garmin Connect login page. Give permission for Formfinder to get your files, then every time you upload a workout to Garmin Connect, it'll be streamed to Formfinder within a few minutes.

Upload workout instructions to my Garmin. This allows Formfinder to send the day's workout **to** your Garmin head unit. It'll appear as a scheduled workout in your Garmin Connect app and once synced, on your device. You can then follow the workout on the road.

- Automatically sync workouts to my Garmin - this will send workouts daily. If you switch this off, but are still connected, then you can send each workout manually from the training page.

- Delete completed workout instructions - This will delete the day's workout after it has passed, to stop your device getting clogged up with workout files.

Polar

Click on Connect and follow the instructions. You'll be sent to the Polar log in page. Give permission for Formfinder to get your files, then every time you upload a new workout to Polar, it'll stream to Formfinder within a few minutes.

Suunto

Click on Connect and follow the instructions. You'll be sent to the Suunto log in page. Give permission for Formfinder to get your files, then every time you upload a new workout to Suunto, it'll stream to Formfinder within a few minutes.

Wahoo

Wahoo is still building their connectivity cloud, hopefully ready Spring 2021. Until then, use Wahoo > Strava to send data.

Note

If you have connected to Strava and an other device, then your workout files will be received twice by Formfinder. It would be better to connect using only one method.

FORMFINDER

19 MANUAL ENTRY

If you've done a workout but don't have any data then it still happened. It's a good idea to record it manually so the Formfinder system knows what you did.

You can also upload raw files to this page here by dragging them into the screen or by clicking on the File tab.

MANUAL	FILE

Create a workout entry here if you don't have data available

Activity Name ⓘ | My Activity Name

Activity Date ⓘ | 21-07-2020

Distance ⓘ | 30 | km

Duration ⓘ | h | m

Elevation ⓘ | 0 | m

Activity type ⓘ | Ride ⌄

Approximate Stress Score ⓘ | 0

Approximate Calories ⓘ | 0

Description ⓘ
How did it go?

cancel   **Submit >**

20 SUPPORT AND CONTACT

You can contact us at:

support@formfinder.cc

Emails are processed by a ticketing system. You will receive a reply from the system and a ticket number. A member from our team will then follow up with you.

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