TRAININGPEAKS™

Insights into the 2012 Tour de France
Janez Brajkovic

July 9, 2012 - Stage 9: Individual time-trial: Arc-et-Senans to Besançon, 41.5km

View more at **TrainingPeaks.com/tdf**

Results

1	Bradley Wiggins	Sky Procycling	0:51:24
2	Christopher Froome	Sky Procycling	0:00:35
3	Fabian Cancellara	RadioShack-Nissan	0:00:57
15	**Janez Brajkovic**	**Astana Pro Team**	**0:02:26**

Key Stage Insights

358 W	366 W	45.5	1.02
Average Power	**Normalized Power**	**Average Speed (km/h)**	**Variability Index**

- The nearly 1-hour TT is a good indication of Brajkovic's Functional Threshold Power (FTP) of 358w (5.6 w/kg). FTP represents a rider's maximum sustainable power output for a 1-hour maximum effort.
- Brajkovic is an experienced and successful time-trialist and paced this stage 9 time trial well. The first half of the race averaged 366 watts, while he averaged 351 watts the second half.
- Peak 30-minute power was 367 watts which was Brajkovic's maximum Peak 30-minute Power for the Tour to date.
- 1.02VI indicates very smooth and consistent effort. VI, or Variability Index, is calculated as normalized power divided by average power, and essentially measures how "smooth" a rider's power output was.

View full activity at **http://bit.ly/NenvNn**

About TrainingPeaks

TrainingPeaks is the premier provider of online training and nutrition software for endurance athletes, and the official training software of Tour de France teams including Team Sky, Saxo Bank-Tinkoff Bank, and ORICA-GreenEDGE. Directors of these teams use TrainingPeaks to track and analyze power, heart rate, and other data from their riders. Learn more at **TrainingPeaks.com**.

TRAININGPEAKS™

Insights into the 2012 Tour de France
Bernhard Eisel

July 9, 2012 - Stage 9: Individual time-trial: Arc-et-Senans to Besançon, 41.5km

View more at **TrainingPeaks.com/tdf**

Results

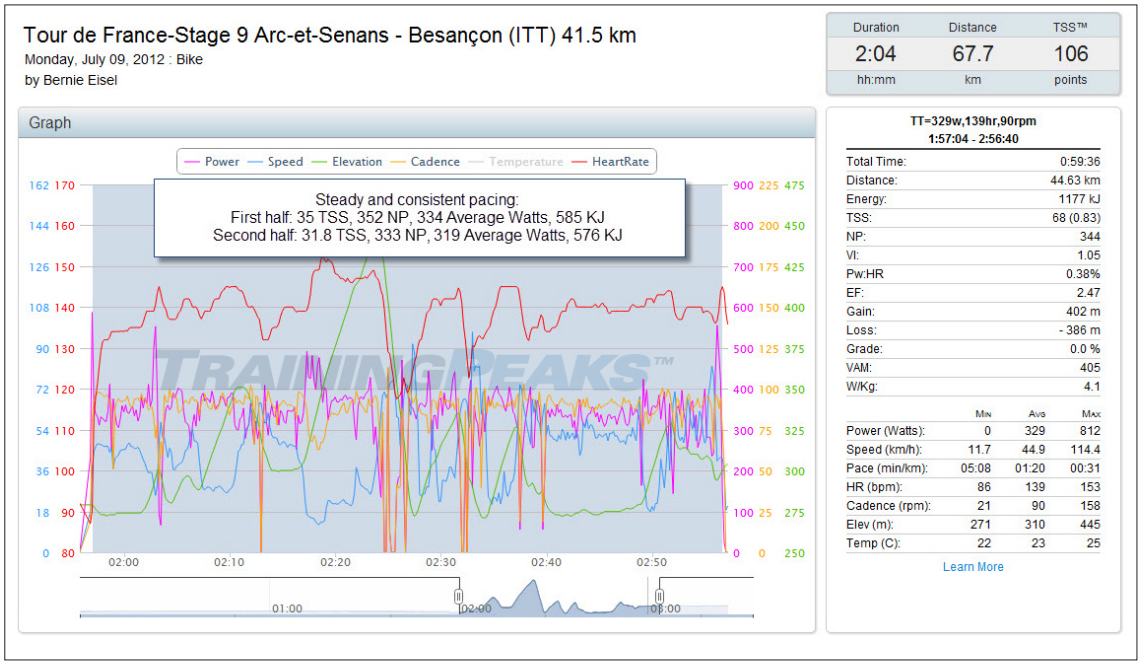
1	Bradley Wiggins	Sky Procycling	0:51:24
2	Christopher Froome	Sky Procycling	0:00:35
3	Fabian Cancellara	RadioShack-Nissan	0:00:57
153	**Bernhard Eisel**	**Team Sky**	**0:08:25**

Key Stage Insights

67.7	329 W	344 W	45.0
TSS	**Average Power**	**Normalized Power**	**Average Speed (km/h)**

- Eisel was racing very conservatively today, trying to save as much energy as possible for the upcoming sprint stages. He even commented “Half a rest day for me!” However, time cuts still apply on Time Trial stages, so all riders must still finish with in 25% of the winners time, in this case about 12:45 after winner and teammate Bradley Wiggins’ time of 51:24. So, even though we often say they are not going 100%, they still need to give a hard effort to stay in the race. It’s never easy in the Tour.
- Eisel demonstrated very consistent pacing through out the stage. First half: 35 TSS, 352 NP, 334 Average Watts vs Second half: 31.8 TSS, 333 NP, 319 Average Watts.
- Consistent pacing but very different speeds for first and second half of the TT. First half of TT Eisel averaged 40 kph, second half of TT he averaged 50 kph. This was largely due to differences in elevation profile - the second half of the TT had much more descending.

View full activity at **http://bit.ly/LTat89**



About TrainingPeaks

TrainingPeaks is the premier provider of online training and nutrition software for endurance athletes, and the official training software of Tour de France teams including Team Sky, Saxo Bank-Tinkoff Bank, and ORICA-GreenEDGE. Directors of these teams use TrainingPeaks to track and analyze power, heart rate, and other data from their riders. Learn more at **TrainingPeaks.com**.

TRAININGPEAKS™

Insights into the 2012 Tour de France
Greg Henderson

July 9, 2012 - Stage 9: Individual time-trial: Arc-et-Senans to Besançon, 41.5km

View more at **TrainingPeaks.com/tdf**

Results

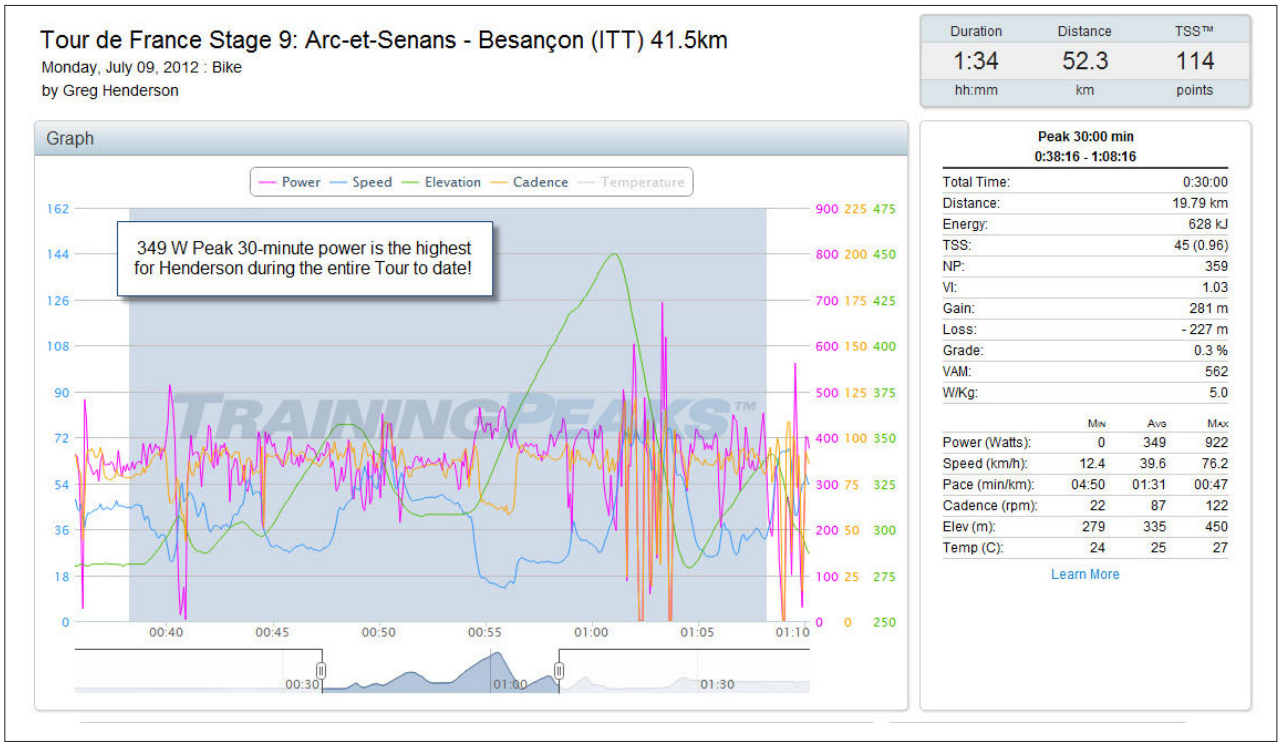
1	Bradley Wiggins	Sky Procycling	0:51:24
2	Christopher Froome	Sky Procycling	0:00:35
3	Fabian Cancellara	RadioShack-Nissan	0:00:57
137	**Greg Henderson**	**Lotto Belisol Team**	**0:07:40**

Key Stage Insights

338 W	350 W	41.7	1.04
Average Power	**Normalized Power**	**Average Speed (km/h)**	**Variability Index**

- Henderson told TrainingPeaks that he was not racing at 100% effort today, so his Functional Threshold Power (FTP) is higher than the average power output shown here of 338W. Estimating that Henderson's effort was approximately 90% of threshold, this would imply an FTP of around 370W (5.0 w/kg). FTP represents a rider's maximum sustainable power output for a 1-hour maximum effort.
- Henderson set his Peak 30-minute Power of the entire Tour de France so far at 349 watts.
- Stage 9 is followed by the first rest day of the Tour so in effect Henderson will have two days at rest (or sub-maximal racing) in an effort to recover from the first 9 days of racing.

View full activity at **http://bit.ly/LFcbOU**



About TrainingPeaks

TrainingPeaks is the premier provider of online training and nutrition software for endurance athletes, and the official training software of Tour de France teams including Team Sky, Saxo Bank-Tinkoff Bank, and ORICA-GreenEDGE. Directors of these teams use TrainingPeaks to track and analyze power, heart rate, and other data from their riders. Learn more at **TrainingPeaks.com**.

TRAININGPEAKS™

Insights into the 2012 Tour de France
Sebastian Langeveld

July 9, 2012 - Stage 9: Individual time-trial: Arc-et-Senans to Besançon, 41.5km

View more at **TrainingPeaks.com/tdf**

Results

1	Bradley Wiggins	Sky Procycling	0:51:24
2	Christopher Froome	Sky Procycling	0:00:35
3	Fabian Cancellara	RadioShack-Nissan	0:00:57
135	**Sebastian Langeveld**	**ORICA-GreenEDGE**	**0:07:27**

Key Stage Insights

297 W Average Power

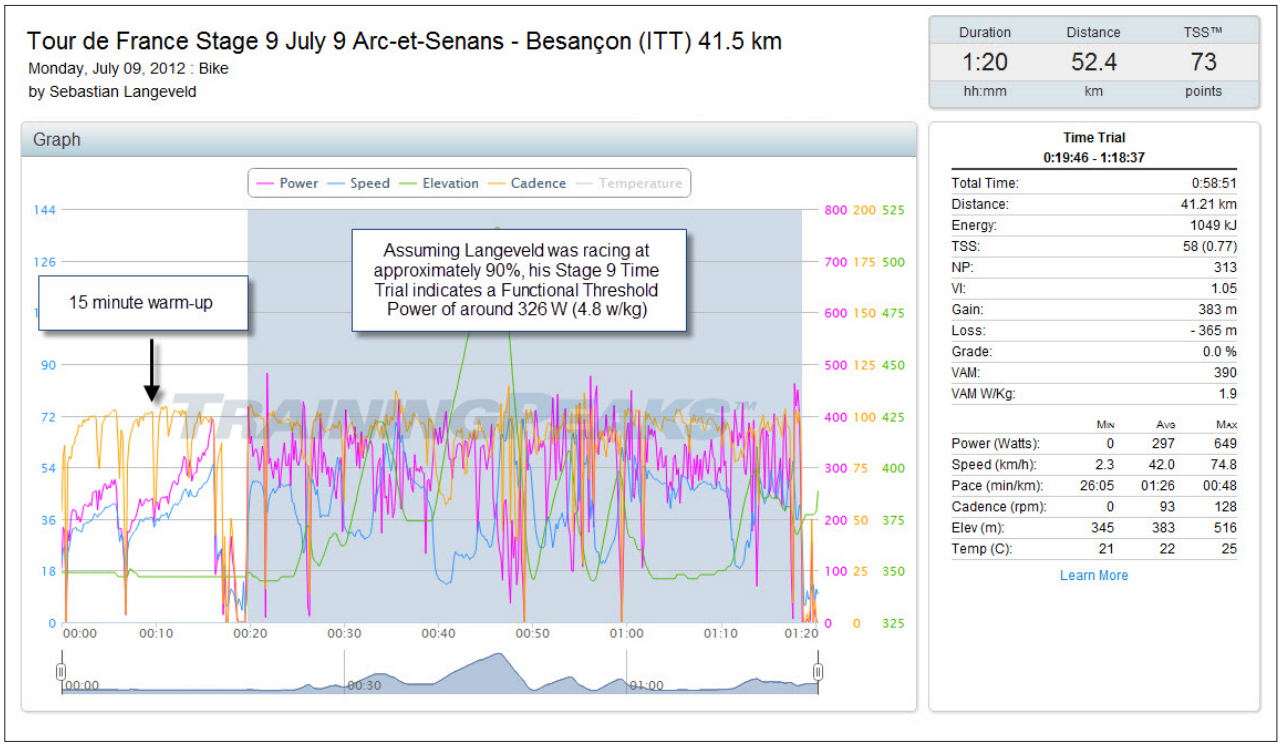
313 W Normalized Power

42.0 Average Speed (km/h)

1.05 Variability Index

- Langeveld's role in the Tour has been one of a support rider, so we can conclude that today's average power in the time trial of 297 W was not a 100% effort. An estimate of a 90% effort would equal a Functional Threshold Power (FTP) of 326 W (4.8 w/kg).
- 303 W 30-minute peak power in the Time Trial was set at a different segment of the race than we have seen from other riders. Langeveld recorded his peak 30-minute power in the second half of the TT on a rolling course profile to the finish. Other riders hit their peak 30-minutes on the initial big climb.
- See the segment titled "Warm-up" within the full Activity Viewer. Langeveld's warm-up for the TT with over a week of racing on the legs: 5 min easy spinning, 9 min steady ramp-up from 175-415 watts, 1 min easy spinning. He then started the TT 3 minutes later.

View full activity at **http://bit.ly/LiLX3w**



About TrainingPeaks

TrainingPeaks is the premier provider of online training and nutrition software for endurance athletes, and the official training software of Tour de France teams including Team Sky, Saxo Bank-Tinkoff Bank, and ORICA-GreenEDGE. Directors of these teams use TrainingPeaks to track and analyze power, heart rate, and other data from their riders. Learn more at **TrainingPeaks.com**.

TRAININGPEAKS™

Insights into the 2012 Tour de France
Chris Anker Sørensen

July 9, 2012 - Stage 9: Individual time-trial: Arc-et-Senans to Besançon, 41.5km

View more at **TrainingPeaks.com/tdf**

Results

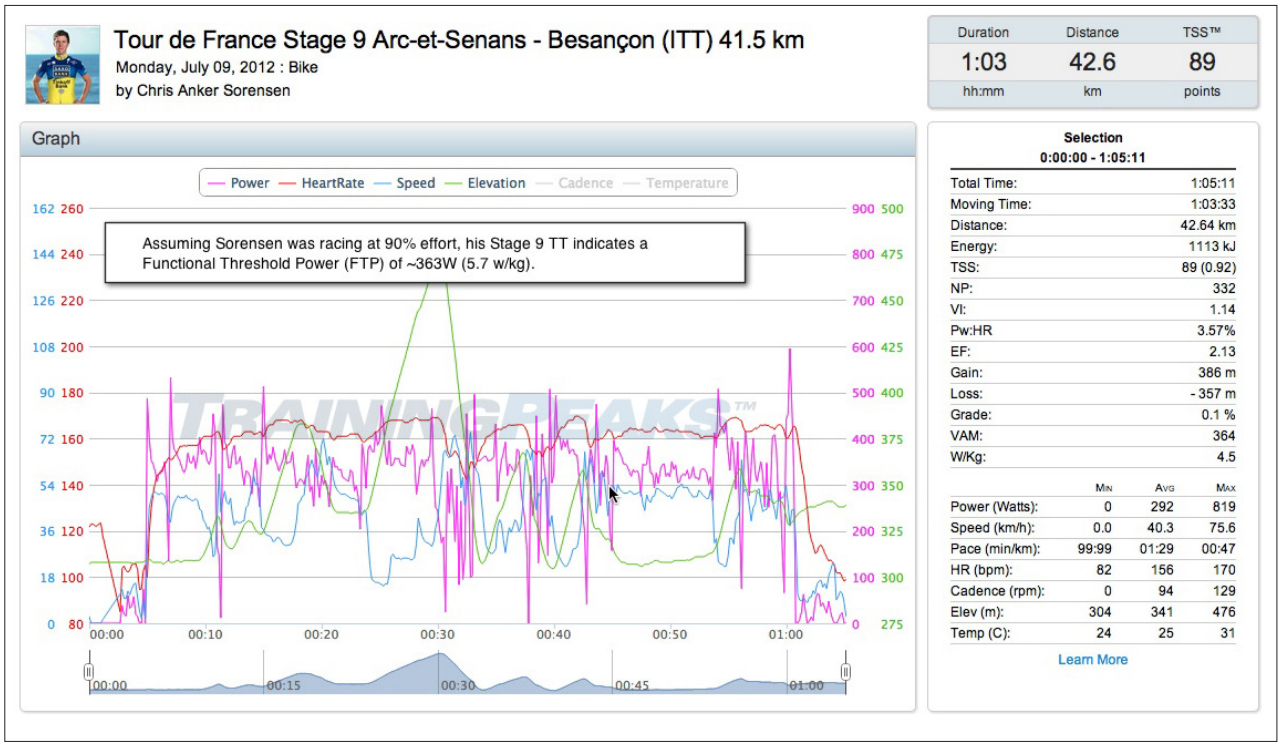
1	Bradley Wiggins	Sky Procycling	0:51:24
2	Christopher Froome	Sky Procycling	0:00:35
3	Fabian Cancellara	RadioShack-Nissan	0:00:57
56	**Chris Anker Sørensen**	**Team Saxo Bank-Tinkoff Bank**	**0:02:10**

Key Stage Insights

330 W	342 W	44.4	1.04
Average Power	**Normalized Power**	**Average Speed (km/h)**	**Variability Index**

- With no GC rider for Team Saxo Bank-Tinkoff, it is safe to say that Anker Sørensen was not going 100%, so his Functional Threshold Power (FTP) is higher than the average power output shown here of 330W. Estimating that his effort was approximately 90% of threshold, this would imply an FTP of around 363 W (5.7 w/kg). FTP represents a rider's maximum sustainable power output for a 1-hour maximum effort.
- 30-minute Peak Power was set during the first half of the time trial.
- Sørensen paced the time trial very steadily having averaged nearly the same pace the first half (330w) and second half (326w) of the stage.

View full activity at **http://bit.ly/LJgn06**



About TrainingPeaks

TrainingPeaks is the premier provider of online training and nutrition software for endurance athletes, and the official training software of Tour de France teams including Team Sky, Saxo Bank-Tinkoff Bank, and ORICA-GreenEDGE. Directors of these teams use TrainingPeaks to track and analyze power, heart rate, and other data from their riders. Learn more at **TrainingPeaks.com**.