



Optimizing Your Performance

The following will assist you in optimizing your performance using the Aerobar Edge. Please note – this assumes you’re an experienced Aerobar Edge user. For set-up details, please see “Getting Started” details at www.AerobarEdge.com.

Step I – Set Your Baseline. Select 1 or 2 of your favorite courses with the smallest number of variables possible (i.e., traffic, stop signs or traffic lights, pedestrians, etc). Optimally, you want a course that is similar in length to your “A” race. If this involves an Ironman or half Ironman distance, then select a course that will take you 2+ hours in order to capture a reasonably accurate baseline. Ride the course 3 times in as similar of weather conditions and recovery as possible, noting any significant differences. During the first ride, spend ZERO time in aero. On the second ride, do your best to mimic your natural aero tendencies (simply installing the Aerobar Edge naturally increases your time in aero due to focusing your attention on this element so you’ll have to be purposeful about riding true to your historical patterns). During the 3rd ride, do your very best to stay in aero as much as you possibly can without creating back/neck/shoulder pain (or ignoring safety issues like turns), **EVEN THOUGH** you may be much slower when forcing the aero position throughout. Record all of the following data (as you have available via your tracking devices)...

Ride #1 (100% Non-Aero)

- Total time to complete the course: _____
- Average power for full ride: _____
- Average Heart Rate for full ride: _____
- Average Cadence for full ride: _____

Ride #2 (Natural Aero/Non-Aero Patterns)

- % of time spent in aero: _____
- Total time to complete the course: _____
- Average power for full ride: _____
- Average Heart Rate for full ride: _____
- Average Cadence for full ride: _____

Ride #3 (Forced Aero Position as safety and tolerance allow)

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|---|--|
| • % of time spent in aero: _____ | Difference between Ride #2 and #3: _____ |
| • Total time* to complete the course: _____ | Difference between Ride #1 and #3: _____ |
| • Average power for full ride: _____ | Difference between Ride #1 and #3: _____ |
| • Average Heart Rate for full ride: _____ | Difference between Ride #1 and #3: _____ |
| • Average Cadence for full ride: _____ | Difference between Ride #1 and #3: _____ |

**Important note: Unless you’ve spent significant time training in 90% aero position, total time on ride #3 is likely to be much slower (& power much lower) at baseline*

Step II – Integrate the Aerobar Edge into your training. Now that your baseline is set, it's time to start training!

1. **Go Ride**, using your Aerobar Edge at least 3 times/week
2. **Review Results** of your aeronalysis, comparing patterns, trends and positive changes from ride to ride
3. **Target 1-2 Focus Areas** for each week (or even each ride). This may be segment time, total % aero, etc.
4. **Gradually Increase** your time in aero each week. If your Coach, Bike Fitter or Medical Professional have not provided you with specific guidelines, consider adding 30-60 min/week over the first month.
5. **Record Total Weekly Aero Time.** If your body resists additional time in aero (neck, back and shoulder symptoms can be common if you're new to spending significant time in aero), consult with your Bike Fitter or Medical Professional for necessary adjustments and/or guidelines.
6. **Repeat Baseline Course** at least monthly, recording changes in completion time, aero %, power in aero and any other details of note. Also take note (if available) of your average power in aero vs. non-aero on generally flat surfaces (hills will vary this data) as your goal is to equalize these over time.
7. **Review Progress and Repeat.** The change won't happen overnight, but if you're consistent with your training, review and targeting, you are certain to see a stronger aero cyclist develop before your eyes.

Baseline Improvement Tracker

	<u>Baseline</u>	<u>Month #1</u>	<u>Month #2</u>	<u>Month #3</u>	<u>Month #4</u>	<u>Month #5</u>	<u>Month #6</u>
% of time spent in aero	_____						
Total time to finish course	_____						
Average power (full ride)	_____						
Power in Aero (if avail)	_____						
Average Heart Rate (full ride)	_____						

Weekly Focus Area Targets/Outcomes

<u>Week #</u>	<u>Focus Area</u>	<u>Results and Future Plans for Enhancement</u>
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