



THE VO₂ PROJECT

Professional & scientific cycle coaching

Please read this document before starting and ensure you complete the steps outlined below. Don't forget to upload any files back into the shared folder.

- ✓ Complete the New Client Questionnaire Google form (You will also need to attach your completed PAR Questionnaire (form 2) to complete the form)
- ✓ Take a read of the training and nutrition guides. These provide a brief overview of the principles of training and nutrition, and can be referred back to any time.
- ✓ Follow the web link to Golden Cheetah, and download the relevant file for installation on your computer. Note that this is not required as we will create a profile to analyse your training data, but Golden Cheetah is an excellent resource for both the coach and the athlete.
- ✓ There are 2 web links to Google forms. You should open these links and save them as bookmarks in your browser. The 'daily wellness' questionnaire is designed to assess your sleep, recovery, illness and preparedness to train, and should be filled in each and every morning. The 'Training Load Monitoring' form is for use after training. Here you will be asked to upload your training file, and give an 'effort' score for each ride. Please use your initials as your ID.
- ✓ Follow the web link to the 'resting HR app'. Please install the app on your phone and follow the instructions for use. Your resting heart rate will be reported on the daily wellness questionnaire. The app works well and tracks HR closely to laboratory standard equipment.
- ✓ Please set up a standing order payable on the 1st of each month to:

Name: Mr D Nichols

Account number: 53942299

Sort code: 601410

BIC: NWBKGB2L

IBAN: GB98NWBK60141053942299

Bank name: NatWest

Bank Address: Market Place, Loughborough, Leics, LE113NZ

That's all for now. Feel free to email info@thevo2project.co.uk with any questions. Go Ride!