



CYCLING
AND
PERFORMANCE




A high-angle photograph of a mountain valley. A paved road winds through the valley, curving from the foreground towards the background. The mountainsides are rocky and covered with patches of snow. The sky is blue with some light clouds. The overall scene is a dramatic, high-altitude mountain environment.

TRÆNINGSFYSIOLOGI

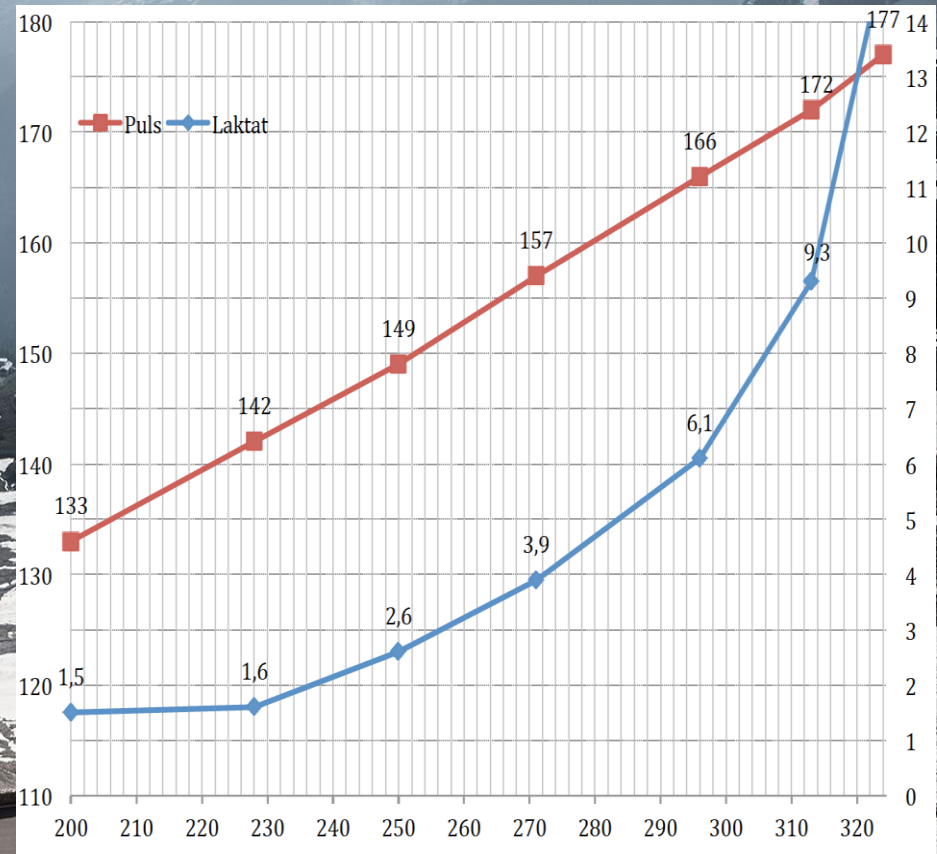
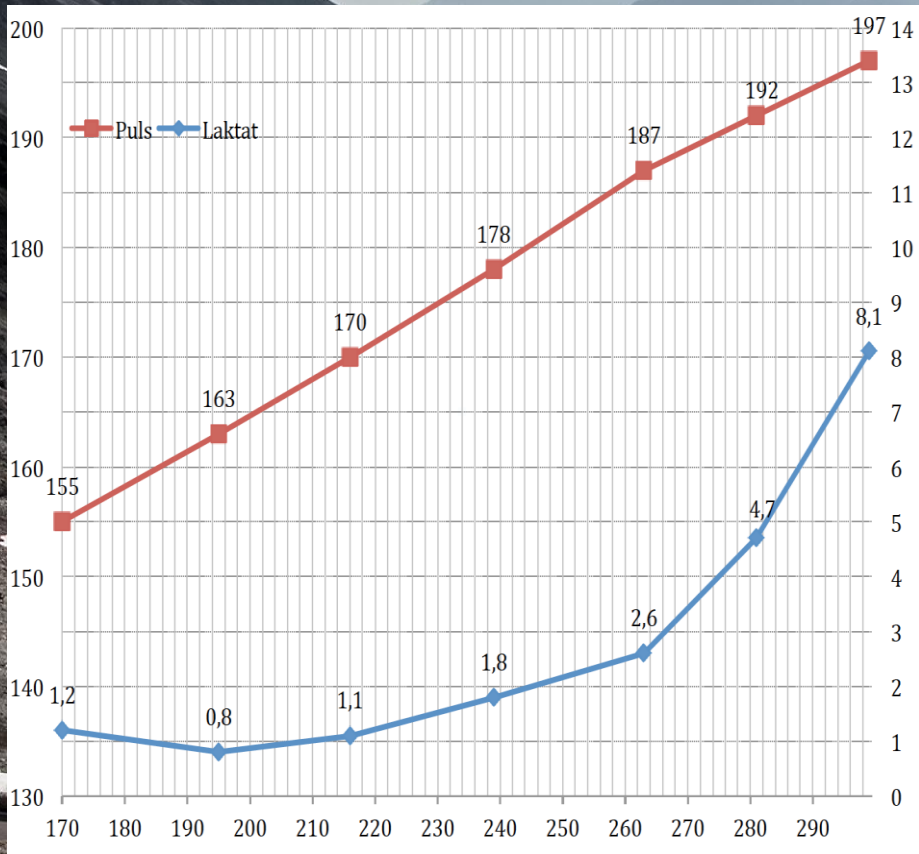
TRÆNINGSZONER OG BEGREBER

TRÆNING MED WATT OG/ELLER PULS

TRÆNINGSMÆNGDE, INTENSITET OG RESTITUTION

A wide-angle photograph of a mountain valley. In the foreground, a winding asphalt road curves through a rocky, sparsely vegetated slope. Patches of snow are scattered across the landscape, particularly on the right side and in the valley floor. In the background, a range of jagged, snow-capped mountains stretches across the horizon under a clear sky. The text is overlaid on the left side of the image, and a small heart rate monitor icon is positioned above the word 'PULS'.

**TRÆNINGSFYSIOLOGI:
ENERGIFORBRUG OG ENERGIKILDER
MUSKELFIBRE, PULS OG LAKTAT**



A wide-angle photograph of a mountain valley. In the foreground, a paved road curves through a rocky, sparsely vegetated slope. The middle ground shows a valley floor with patches of snow and a winding road. The background features a range of jagged, snow-capped mountains under a clear sky with a few clouds.

BEGREBER:

FTP – FUNCTIONAL THRESHOLD POWER

TSS - TRAINING STRESS SCORE

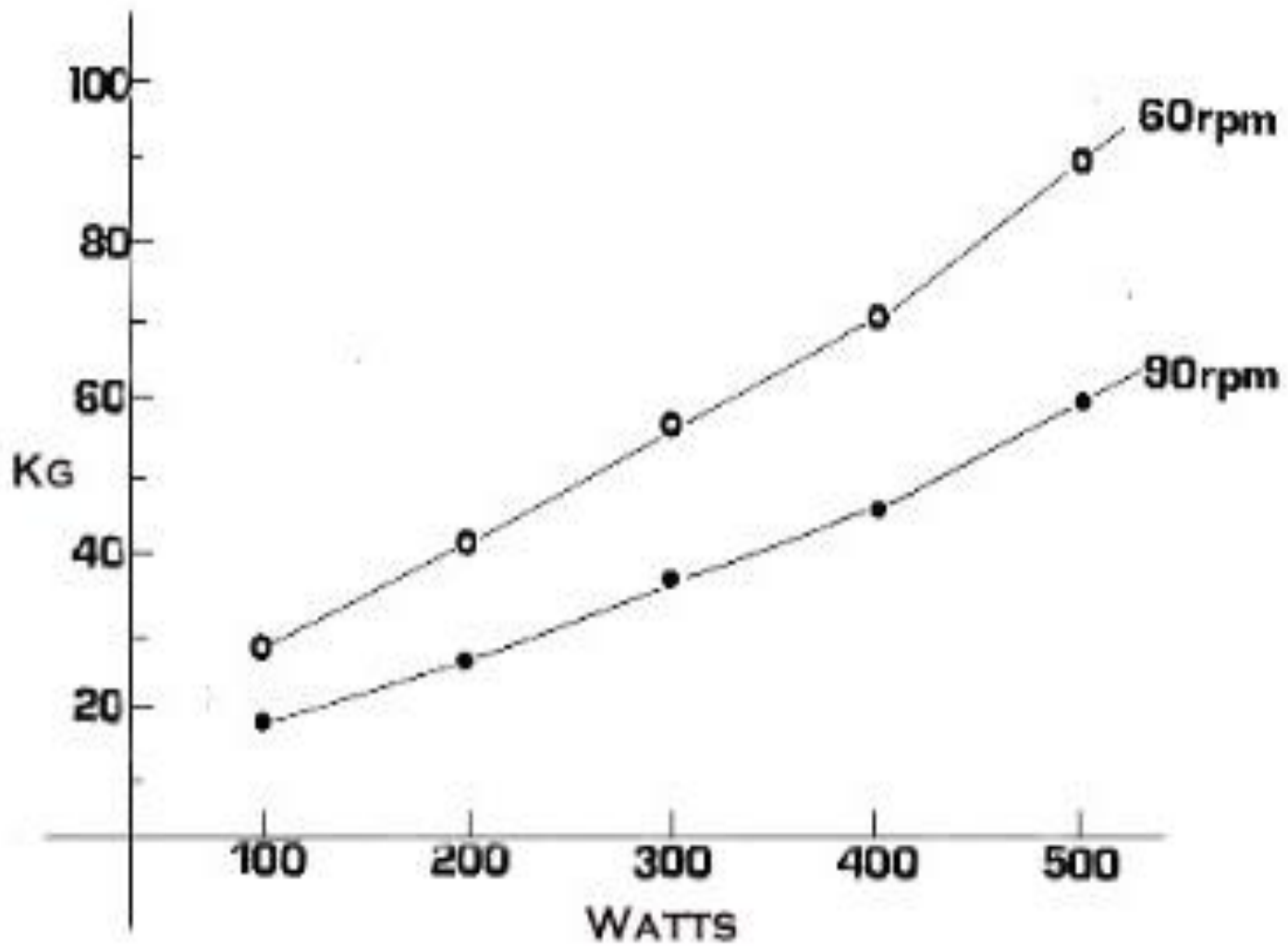
LIPID POWER

Vo2 MAX

RPM

NORMALIZED POWER

NO PAIN, NO GAIN



A wide-angle photograph of a mountain valley. In the foreground, a paved road with a white dashed center line curves through a rocky, sparsely vegetated slope. Patches of snow are scattered across the ground. In the background, a deep valley opens up, with snow-covered mountain peaks and ridges under a bright, slightly hazy sky. The overall scene is rugged and high-altitude.

TRÆNINGSZONER:

ZONE 1 – RESTITUTION

ZONE 2 – LET TRÆNING

ZONE 3 – MEDIO

ZONE 4 – THRESHOLD



TRÆNING MED WATT OG PULS:

**WATT – ABSOLUTE BELASTNING = AFGØRENDE FOR
PERFORMANCE**

**PULS – BELASTNING AF KROPPEN = AFGØRENDE FOR
FYSISK UDVIKLING**

FORNEMMELSE – TILPASNING IFT. DAGLIGE VARIATIONER =



TRÆNINGSMÆNGDE – FOKUS PÅ SPECIFIK TRÆNING

INTENSITET – FOKUS PÅ MÅLSÆTNING

RESTITUTION – INDSÆT FRIDAGE + RESTITUTIONS UGER

SPØRGSMÅL?

CYOLING
AND
PERFORMANCE