



I was taken under the wing of 360 Cycling just over 2 years ago; at the time i was an OK rider with more of a "Strava warrior" and "attack KOM's" attitude and wasn't too interested in racing. I'd done a few 10 mile time trials and a road race or two and found I was out of my depth so decided to embark on a proper training regime. Enter 360 cycling; after looking at my data two things were obvious the first being my base was hopeless and secondly my power meter was over estimating my power by about 10%. With the base line number established accurate power/HR zones were set up and the base training commenced. As a father of three with a full time job time is precious; the training normally consists of 8 to 10 hours per week of quality well constructed work outs. What is 100% clear to see the training is not generic and its tailored to the riders needs, as my base improved we shifted zones as they improved. Once a good base line was established the top end was then investigated. 360 Cycling always seem to know when things need to shift up a gear or go back to basics. If I have a race coming up the weeks schedule changes to incorporate rest and activation etc, no races then base/top end work continues aplomb. After 2 years of training the gains have been extraordinary never did I think I would be able to ride at such a high level, what's even more amazing is I still seem to be improving at the ripe old age of 50. The goal of a sub 21 minute 10 mile TT as a lightweight rider doesn't seem to be beyond the realms of possibility! So its a big thanks to 360 cycling from me and long may it continue!!