

# BP10 MOVE RIGHT YOUR TIMETRIAL TEST



*Perfect Practice* = doing the same 'right' thing over and over again.

*10 Weeks* – Test your improving fitness & health each week.

*Your Test* – Design a course, finish your course as fast as you can, but never exceed your DTI, record the time, repeat each week!

*Your fitness & health is improving when:* You finish the same course faster at the same DTI.

Firstly,

What can influence a 'HIGHER' Heart Rate!	What can influence a 'LOWER' Heart Rate!
<ul style="list-style-type: none"><li>○ Warmer and certainly more humid conditions.</li><li>○ Afternoon sessions versus morning sessions.</li><li>○ Poor gut health, ie; bad food choices.</li><li>○ Harboursing a cold or flu.</li><li>○ Signs a cold or flu is on its way.</li><li>○ Mental stress.</li><li>○ An injury driving inefficient form.</li><li>○ A false flat (terrain).</li><li>○ Altitude - definitely this one.</li></ul>	<ul style="list-style-type: none"><li>• Early morning colder sessions.</li><li>• Over-training syndrome - this is not good!</li><li>• You're fitter - this is good!</li><li>• Low blood pressure.</li><li>• Unbalanced minerals, ie; sodium balance.</li><li>• Low-motivation.</li><li>• Poor circulation.</li><li>• Metabolism switching from sugar to fat.</li><li>• Your slept like a King - great sign.</li></ul>

## Why Test

Results drive continued motivation.

Provides clear, accurate and easily recorded data.

Highlights troubleshooting.

Defines the all-important base (aerobic) fitness.

Defines current health status.

Confirmation your program is working!

## Your Weekly Test

**Step 1** - Design an uninterrupted flat and repeatable course.

- ⊙ Out and back courses are best.
- ⊙ The distance is irrelevant, so GPS is not required but offers useful data.
- ⊙ Design a course having you complete Test 1 between 20-50 minutes.
- ⊙ Define the exact start & finish of your course.

Step 2 - Wearing your Heart Rate Monitor, know your DTI.

- ⊙ Know your intensity limit in beats per minute; eg. 141.
- ⊙ Programming an alarm signalling you're over your DTI is a good idea.

Step 3 - Start your stopwatch.

- ⊙ Push as hard as you can, but NEVER exceed your DTI.

Step 4 - Stop your stopwatch at your finish line.

- ⊙ Record & Save your exact finishing time.

Useful Info....

What might influence your results?	What should happen!
⊙ Waking tired following poor sleep.	⊙ Over time, complete your course faster holding DTI.
⊙ Gut dysfunction a result of poor food choices.	⊙ Bodyweight changes (loss), including body fat loss.
⊙ Warmer conditions.	⊙ Far easier respiratory demands.
⊙ Unbalanced lifestyle emotional stress.	⊙ No injuries and recovered old injuries.
⊙ Testing at a different time of the day.	⊙ Increased motivation for your training.
⊙ Looming illness.	⊙ Less exercise-induced heat/sweating, during & post.

## An example from DTI Training.

WEEKLY DTI TIMETRIAL TEST		
Name: Michael Dantani	Starting Weight: 95.3kgs	DTI: 139bpm
Course: 'About 6km'	Plan: Weekly Monday's at 6 am.	
Week	Finishing time	Weight (kgs)
1	36.24	95.3
2	36.06	95.1
3	35.47	94.4
4	35.48	93.1
5	35.06	92.5
6	35.01	92.6
7	35.04	91.2
8	34.51	91.6
9	34.29	90.3
10	34.21	89.2