

Study of Competitive Road Cyclists

Please complete this column

Subject	Name Age Height (m) Weight (kg)
Cycling history	Training load: average hours on bike per week Weekly TSS (if known) Current 60 min Functional Threshold Power: watts Race highlights BC points won Weekly hours S&C or cross training
Nutrition	Weight steady? Were you trying to change weight and/or change body composition? Any changes in nutrition during training/racing block, including change/addition of supplements?
Medical	Any injuries since last scan? Any illness since last scan, requiring one or more days off training? Any medications (not usually taken) required since last scan?