

PRACTICAL PERSPECTIVES FROM A HIGH PERFORMANCE DIRECTOR



Science & Cycling

4-5 Juli 2018, Nantes, France

**STEPHEN BARRETT
HEAD OF PERFORMANCE**

AQUA BLUE SPORT

TEAM STRUCTURE

Team Owner

General Manager

DS 1

DS 2

DS 3

HP Director

Operations

Doctor

Soigneur

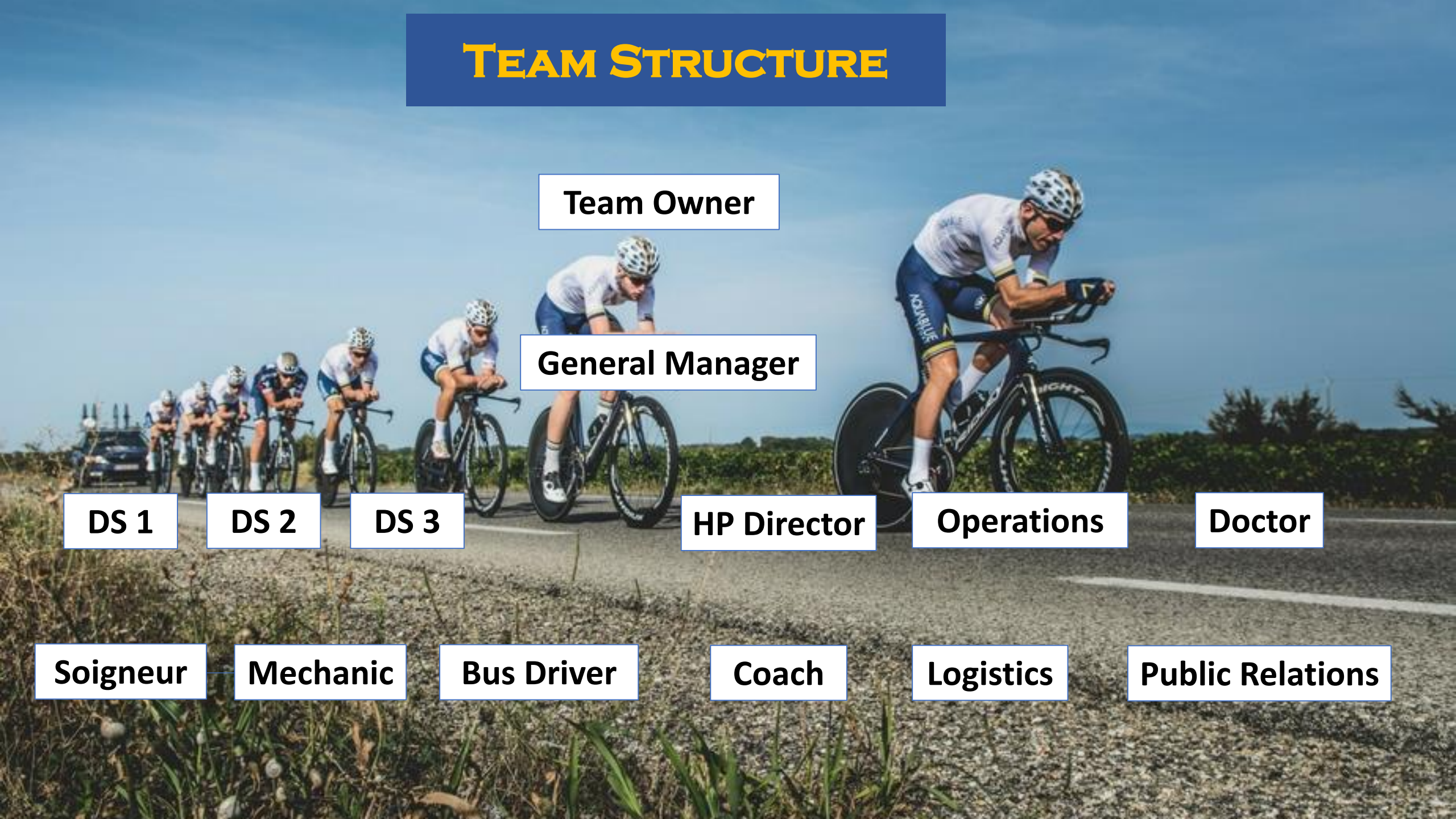
Mechanic

Bus Driver

Coach

Logistics

Public Relations



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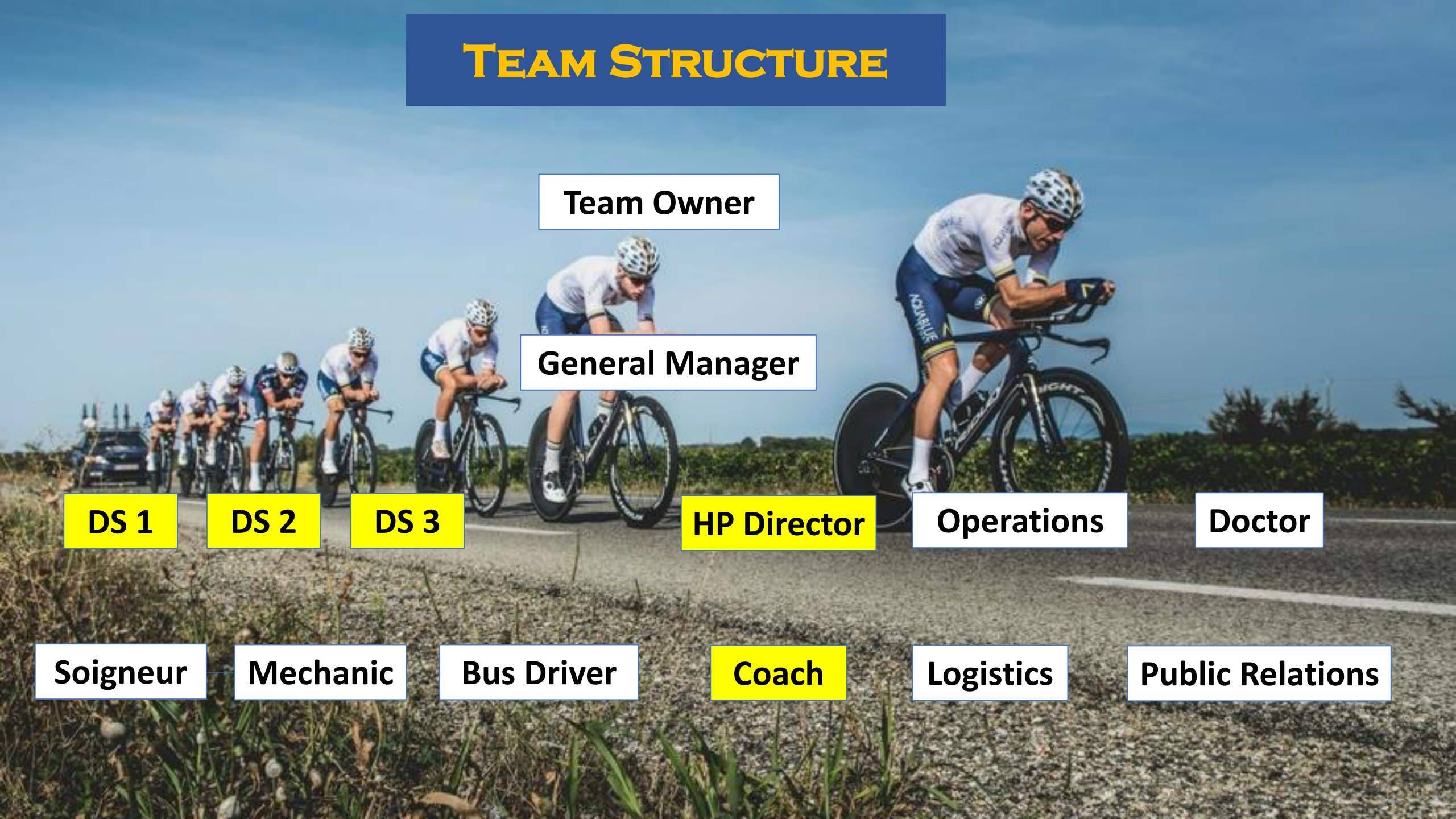
Mechanic

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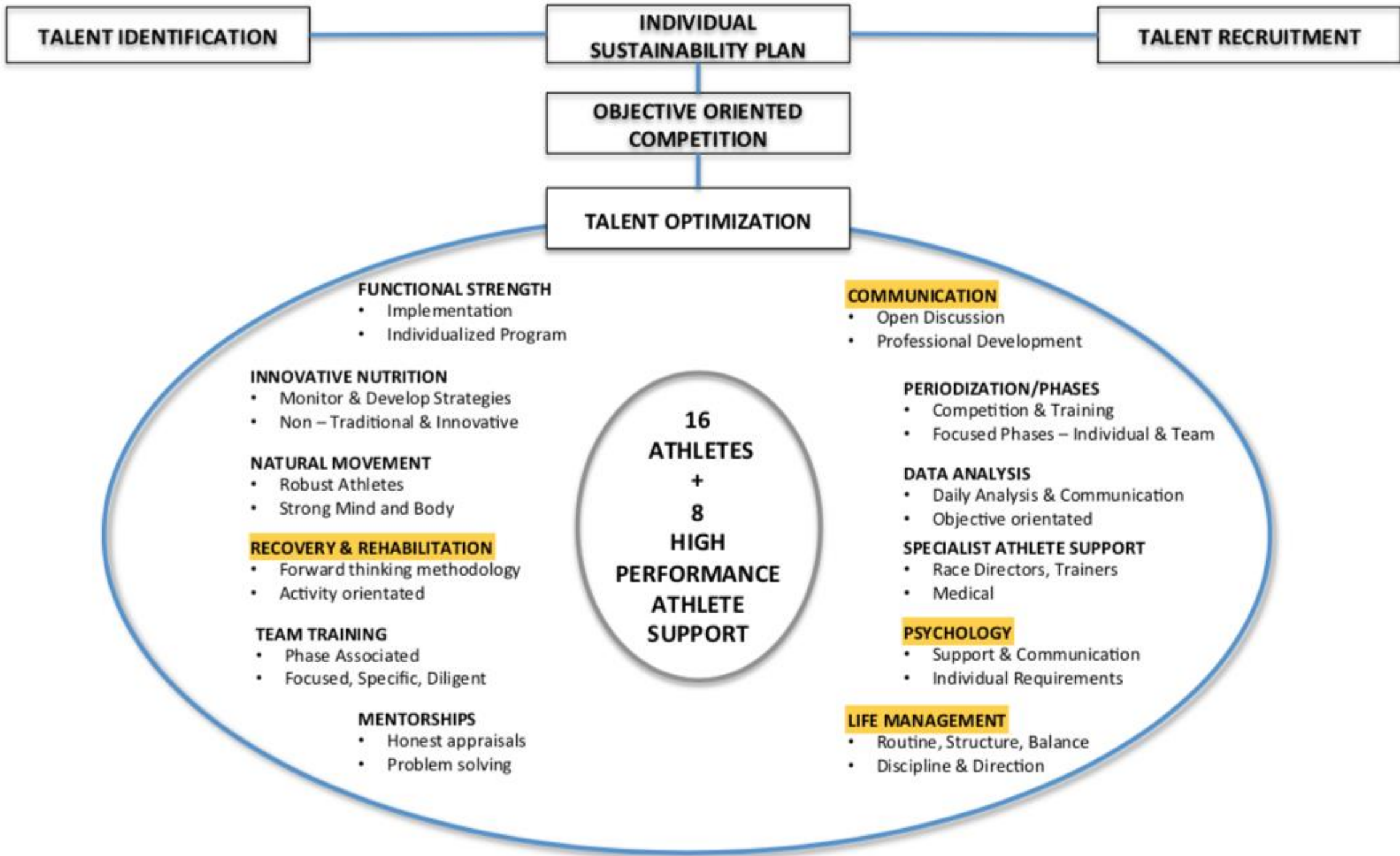
Logistics

Public Relations



MY ROLE AS HIGH PERFORMANCE DIRECTOR





A group of cyclists in a race formation on a road. The cyclists are wearing white and blue jerseys, helmets, and sunglasses. They are riding on a paved road with trees and a clear sky in the background. The image is overlaid with five blue horizontal bars containing yellow text.

PRE OBJECTIVE CAMPS

GOAL ORIENTATED TRAINING

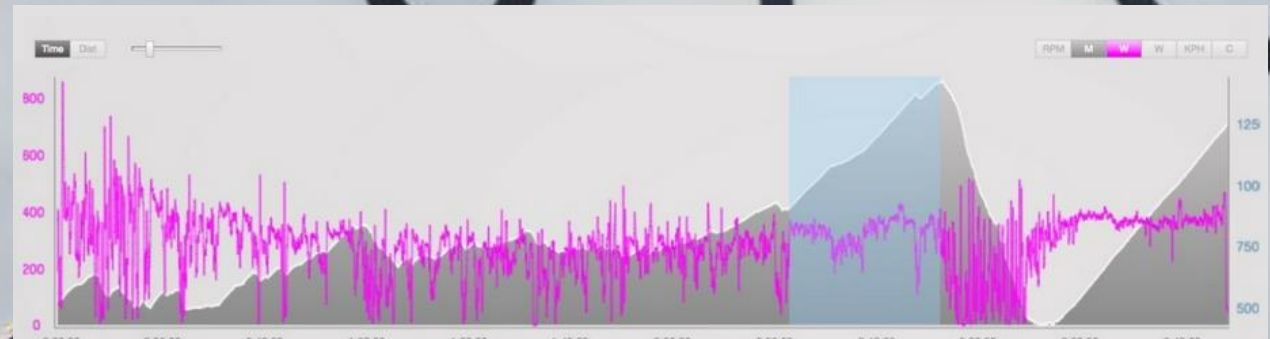
INFORMATION DISSEMINATION

BUILD RELATIONSHIPS

RACE FOCUSED PREPARATIONS



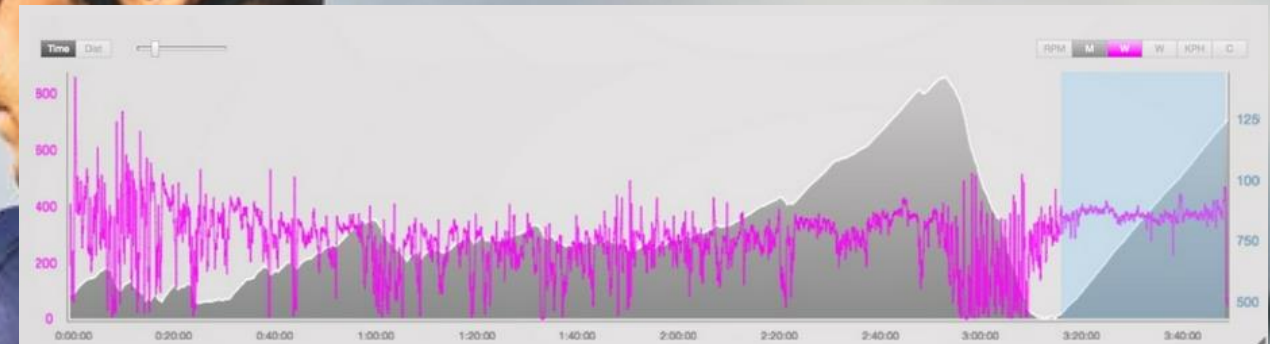
Establishing breakaway - 386w



Col des Mosses climb - 334w



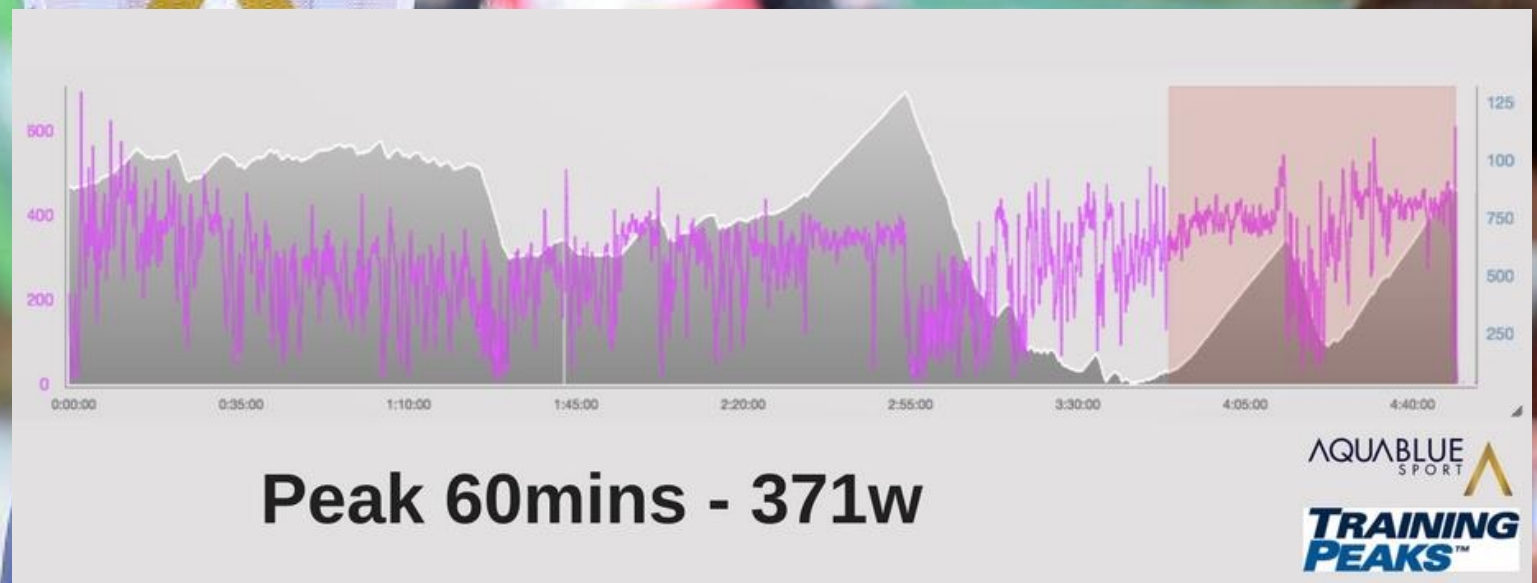
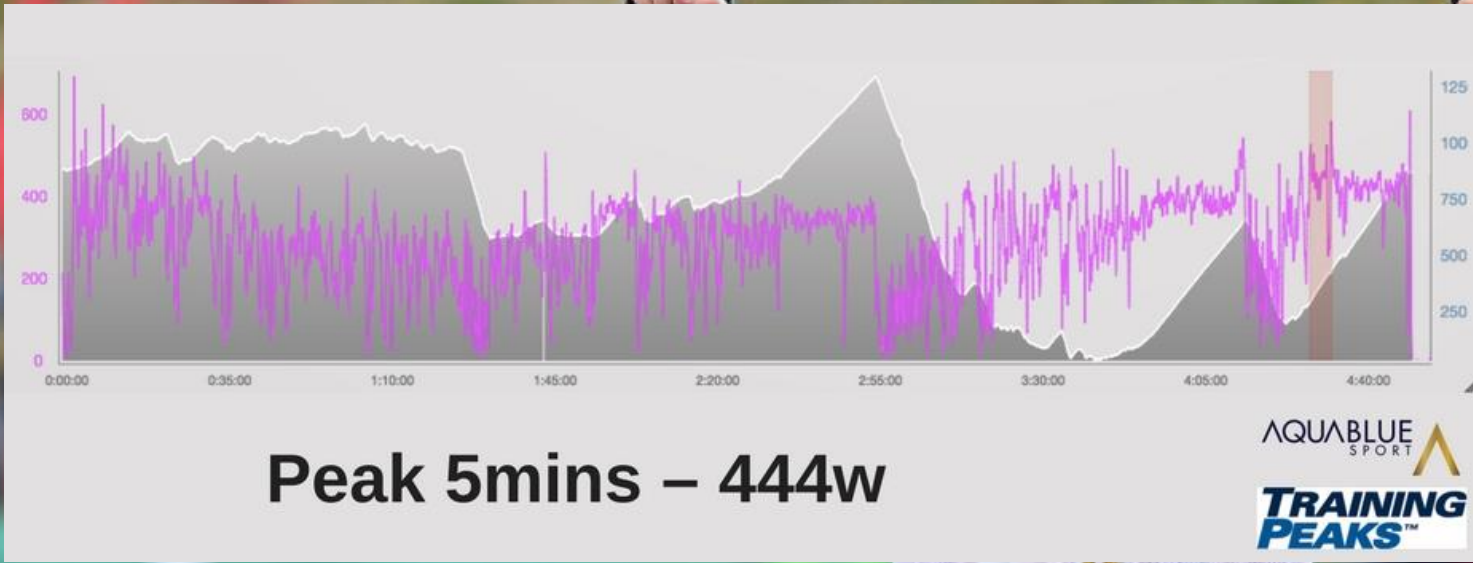
Breakaway 100km - 290w



Villars-sur-Ollon climb - 371w



AQUABLU
SPORT





**FUELLING THE TALLEST
MAN EVER TO FINISH A
GRAND TOUR**



**CONOR
DUNNE**

**AGE: 26
HEIGHT: 2.04M
WEIGHT: 89KG**



CONOR VS VUELTA

**6 FLAT
STAGES +
TTT & ITT**

**CARBS: 450g
PROTEIN: 180g
FAT: 90g
3330kcal**

**7 HILLY
STAGES**

**CARBS: 630g
PROTEIN: 180g
FAT: 80g
3960kcal**

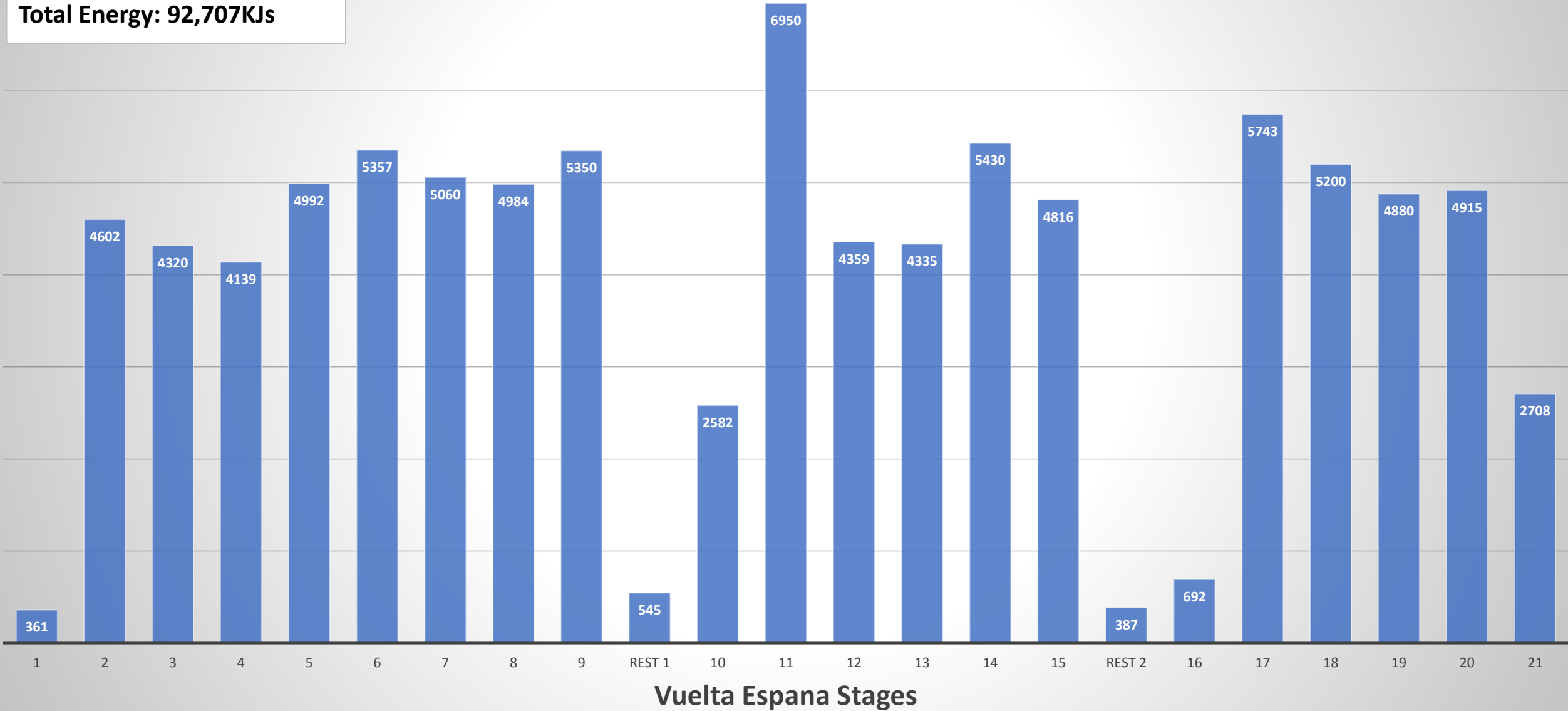
**6 MOUNTAIN
STAGES**

**CARBS: 900g
PROTEIN: 180g
FAT: 70g
4950kcal**

~360KCAL PER HOUR OF RACING

Energy Expenditure (KJs)

Total Distance: 3,324.1km
Total Ascent: 46,701m
Average Speed: 40.29km/hr
Lantern Rouge @ 5:16:23
Total Energy: 92,707KJs







ENERGY REPLACEMENT



Aqua Blue Sport Nutrition Strategy



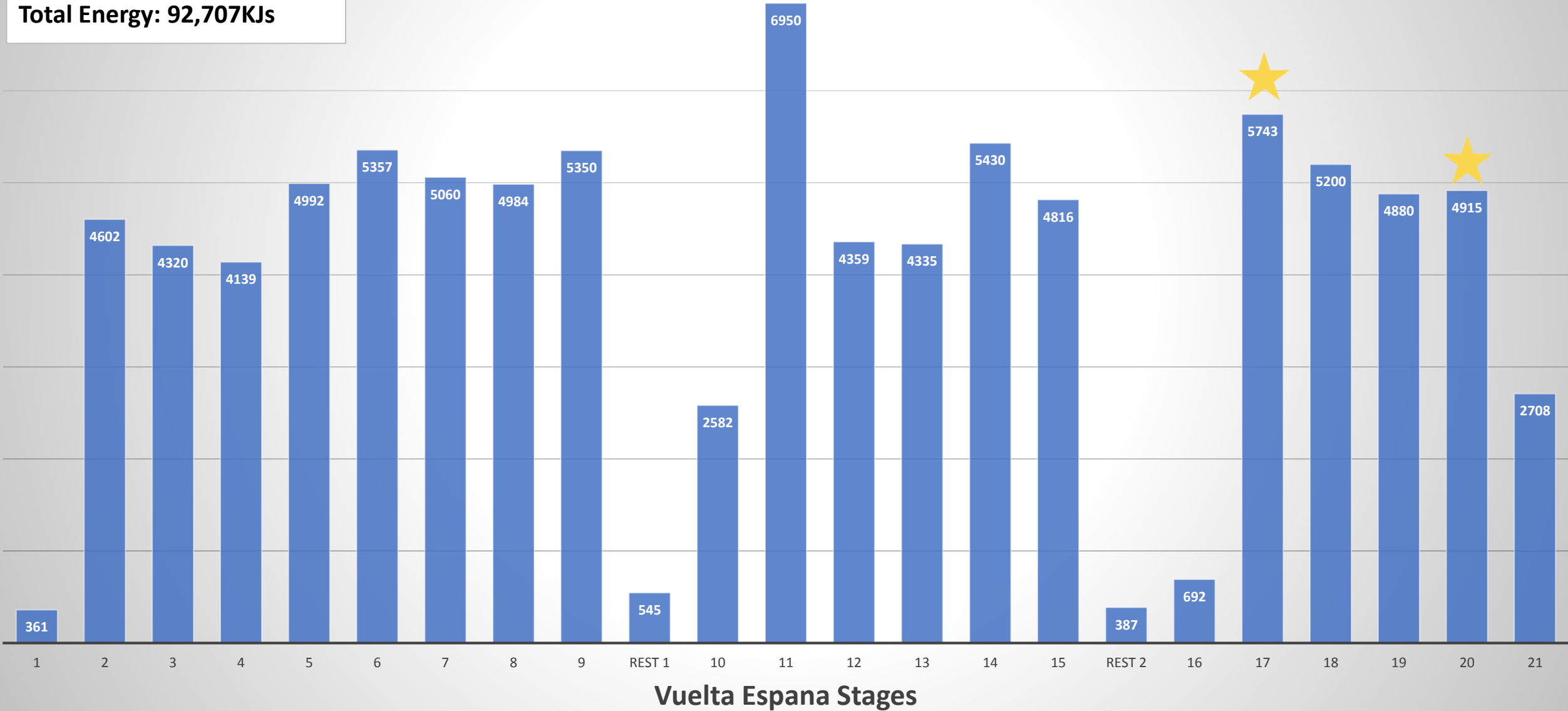
	<p>Secret Training – Super Hydration Drink Mix 1 scoop (11.4g carbs) per 500ml 1 x 500ml for easy days 2 x 500ml for harder days</p>	<p>REHYDRATE (immediately at finish)</p>
	<p>Secret Training – Whey Protein Drink Mix 4 scoops (33g); 20g Protein 10g Carbohydrate</p>	<p>REBUILD (within 20 minutes of finish)</p>
	<p>Mixed Fruit and Vegetable Smoothie (depending on athlete requirements) Banana – Frozen Berries - Yoghurt</p>	<p>REPAIR (within 30-45 minutes of finish)</p>
	<p>Aim to get 1.2g/kg/bodyweight carbohydrates within 90 minutes of race completion. Additional 20g Protein</p>	<p>REPLENISH (within 90 minutes of finish)</p>

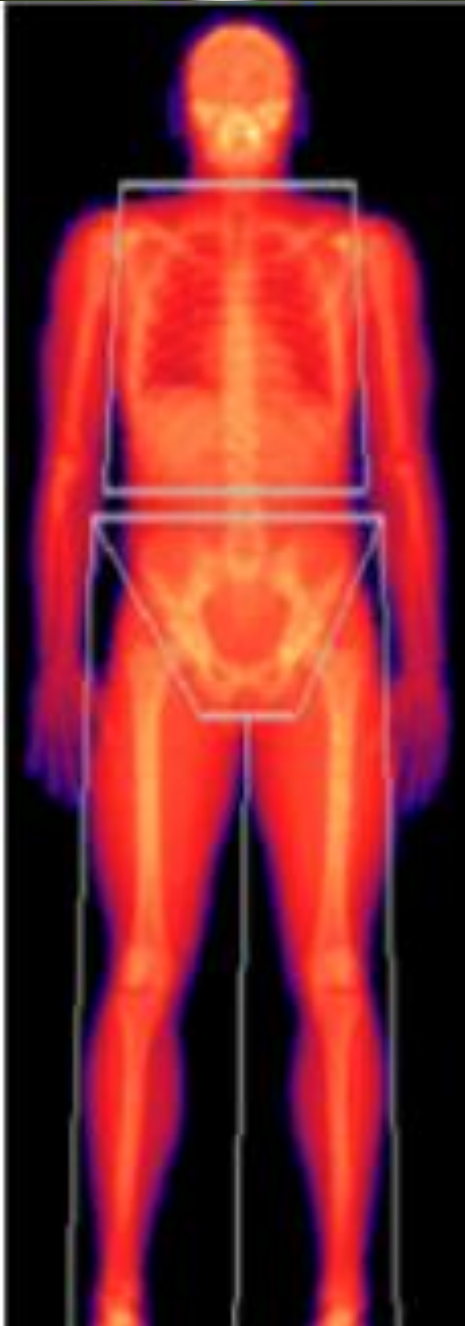
- ingest 150% of the fluids you lost in the 5 hours following exercise. Example; you would need to drink 600ml/hr (for 5 hours) for every 2 kg loss of bodyweight.
- To achieve muscle glycogen synthesis carbohydrate intake is critical. 1.2 g/kg/hr for 3-4 hours post exercise to maximize glycogen synthesis.
- protein intake of 20 grams after exercise and every 3-4hrs to maximise muscle protein synthesis. The protein source should be rapidly digested and be relatively high in the amino acid leucine (Secret Training Protein Gel contains 2g Leucine) – great as a protein top up before dinner.



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**DEXA SCAN
PRE VUELTA**

WEIGHT: 87.5KG

LEAN MASS: 76.6KG

FAT MASS: 7.9KG

BODY FAT: 9.0%

**DEXA SCAN
POST VUELTA**

WEIGHT: 87.1 KG

LEAN MASS: 76.9KG

FAT MASS: 7.2KG

BODY FAT: 8.2%



REFLECTIONS



ATHLETE FOCUS – PERFORMANCE DRIVEN

BUILD STRONG RELATIONSHIPS

SIMPLICITY = ADHERENCE

ADHERENCE = EFFECTIVENESS



THANK YOU