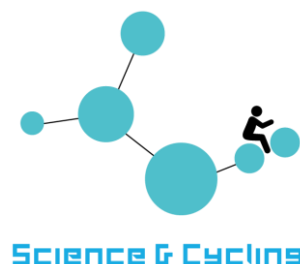


Abstract 2019



The use of subjective monitoring in professional cyclists in preparation for competition influence on finishing position

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Elite sporting performance is the result of managing a multitude of different factors including, but not limited to, physical conditioning as well as psychological, nutritional, immunological, sleep and fatigue status. Effective monitoring of these factors is important in the preparation of athletes for optimal performance through gaining a deep insight into athlete's wellness, recovery, and readiness to train. Numerous studies have identified the importance of this monitoring especially during periods of hard and easy training (Foster et al., 2001) and the balance between internal and external training load (Halson, 2014).

Currently within Team Dimension Data for Qhubeka a mobile app is utilised to record responses from athletes, delivering information on sleep, nutrition, stress, muscle soreness, self-perception and mood state are recorded via a daily questionnaire. This information is delivered directly to the coaching staff and recommendations delivered to the athlete to directly guide the training process. Collecting and analysing such information provides the ability to identify and act upon continuing trends and shorter-term pattern. Data which has

been collected through use with Team Dimension Data will be presented and discussed in relation to identifying important factors which coaches utilise in decision-making processes when adjusting athlete's training outlines.

References

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