

The Development Pathway of a World Class Sprinter Fabio Jakobsen

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Brussels, 3-4 July 2019

Who is Fabio Jakobsen...

- ✓ Date of birth: 1996
- ✓ Starts cycling in 2006
- ✓ Height: 1,81 cm
- ✓ Weight: 80kg
- ✓ Member of SEG Racing Team period 2015 – 2017
- ✓ Member of Quick Step since 2018
- ✓ 8 UCI wins in 2018 (most successful neo Pro)

Our philosophy...

Winter
2014

- Start of preparation so as to make Fabio stronger in the final sprint

2015

- Signs that he is capable for “bigger things”
- 2nd place in National Championship

2016

- 1st in National Championship
- 4 UCI wins

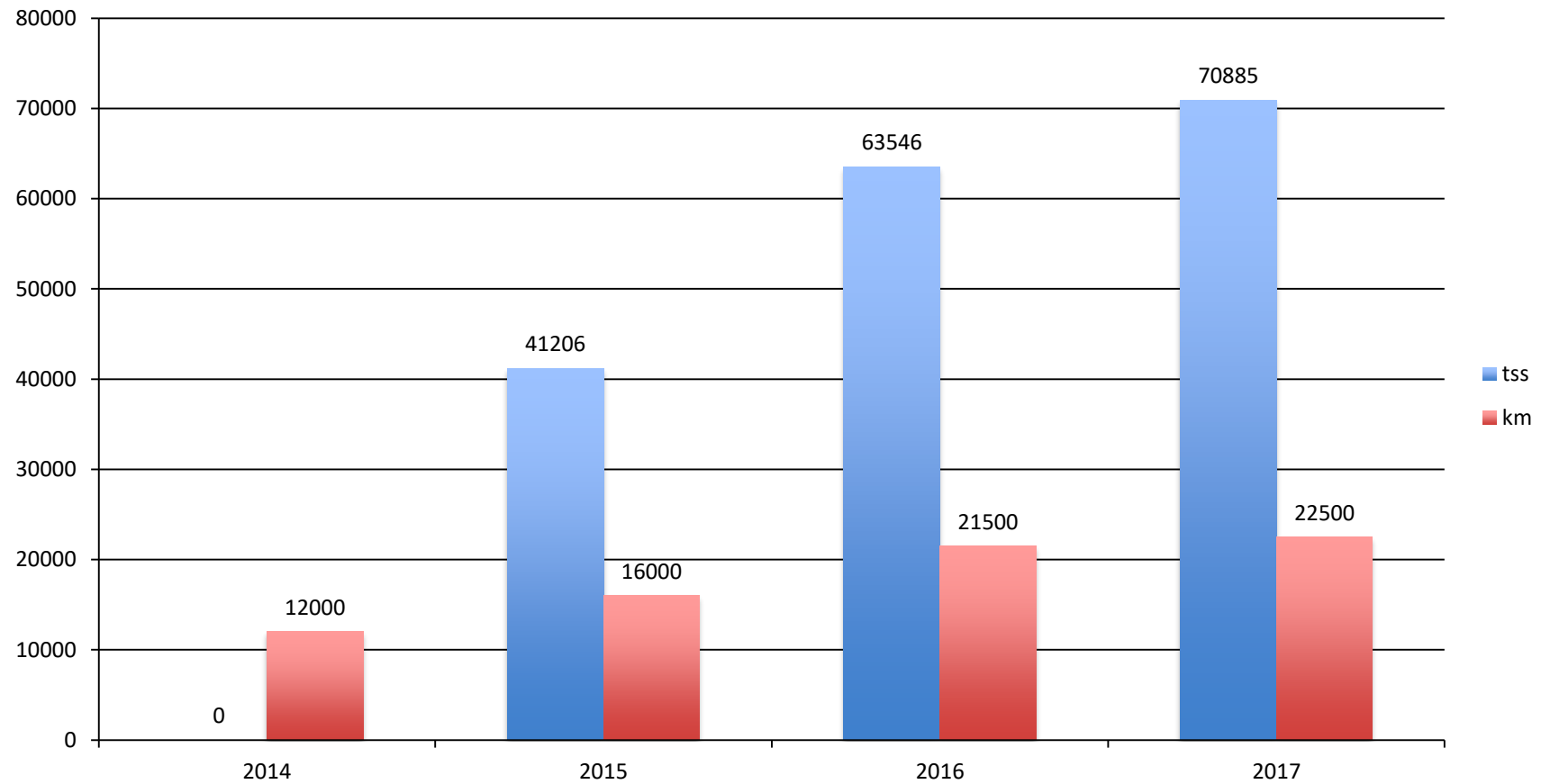
2017

- 2 months training camp focused on “following the Pros till the final sprint”

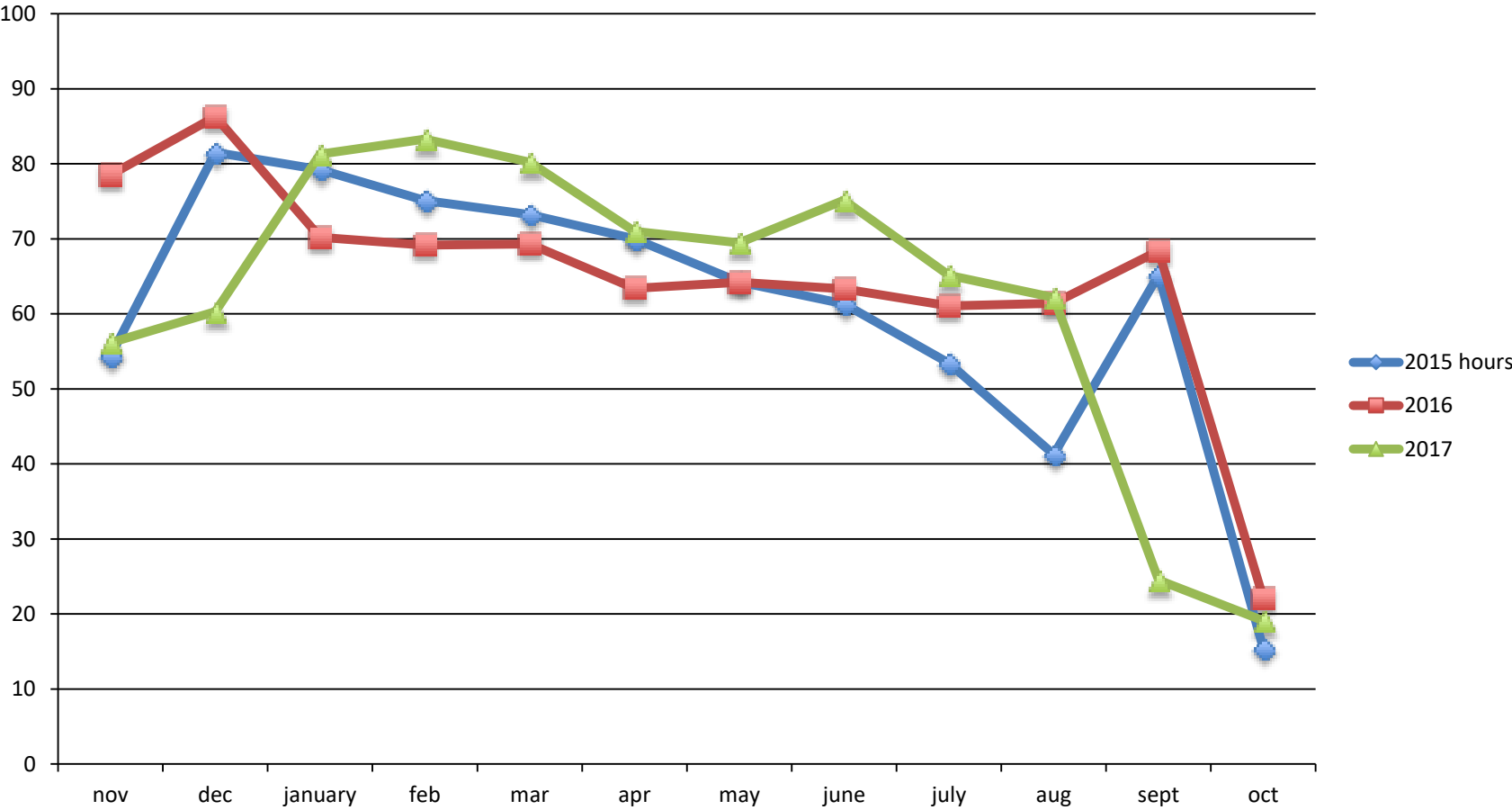
End of
2017

- Contract with **Quick Step-Floors**

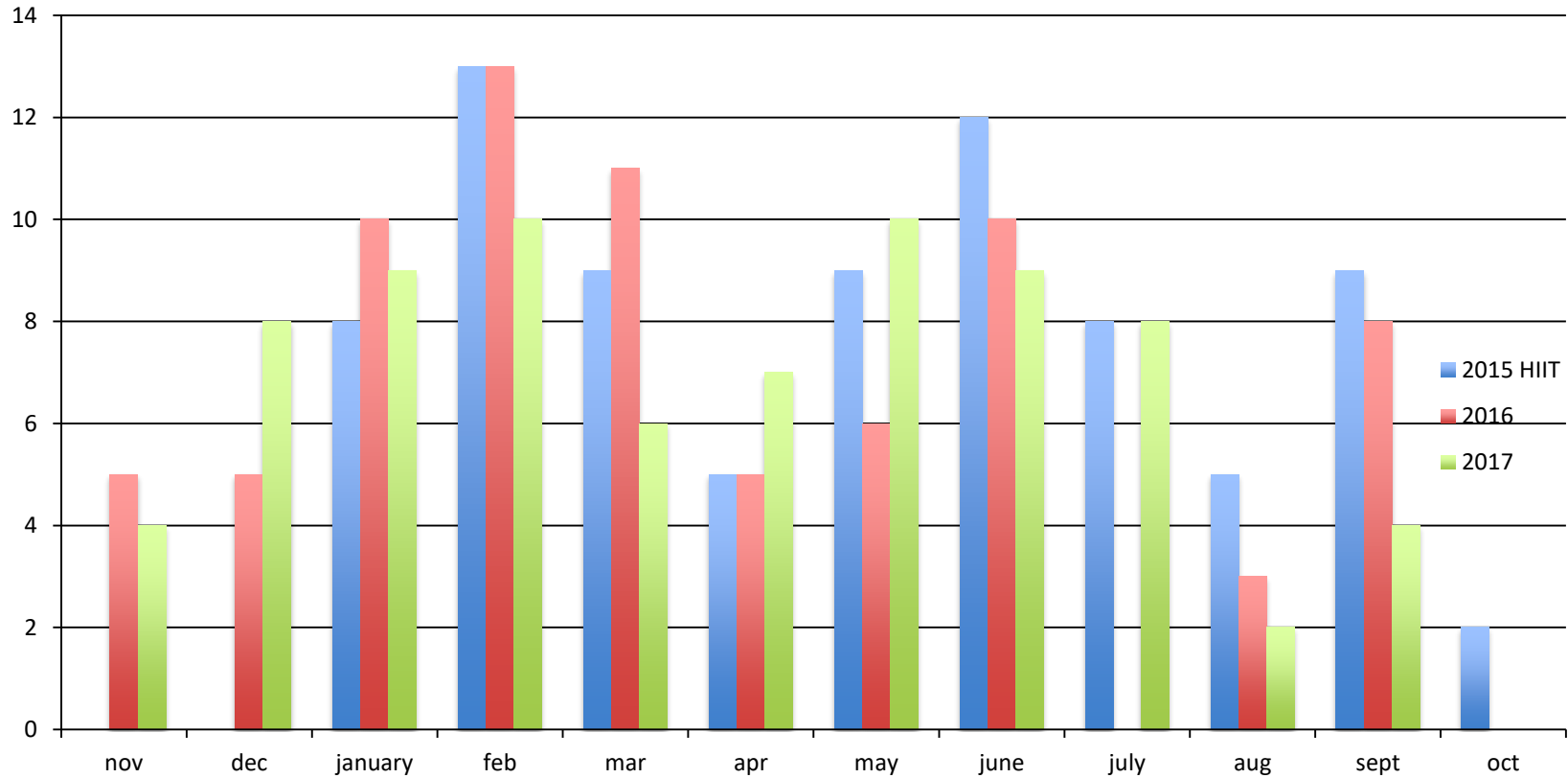
Training Load



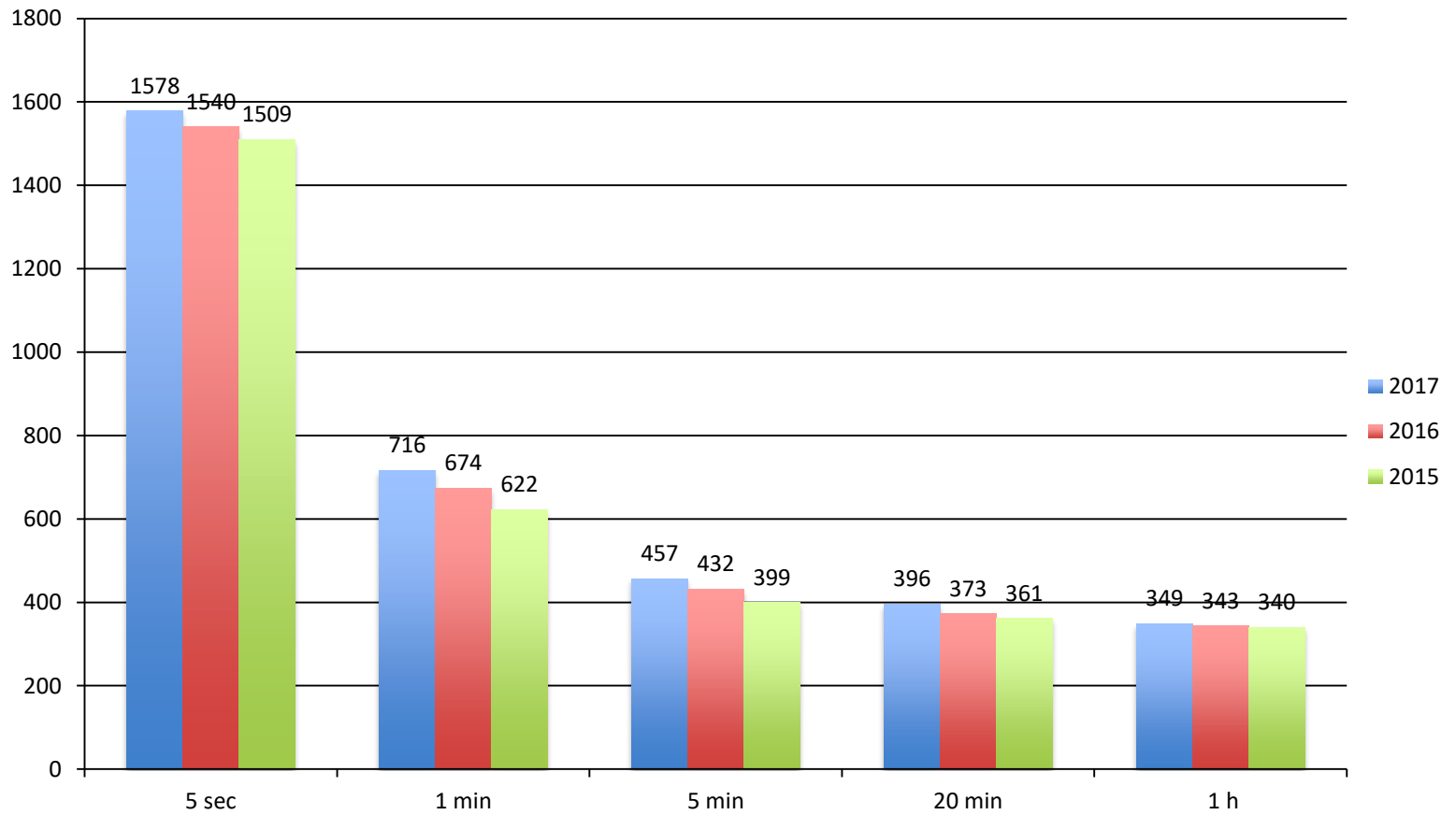
Workload / Month



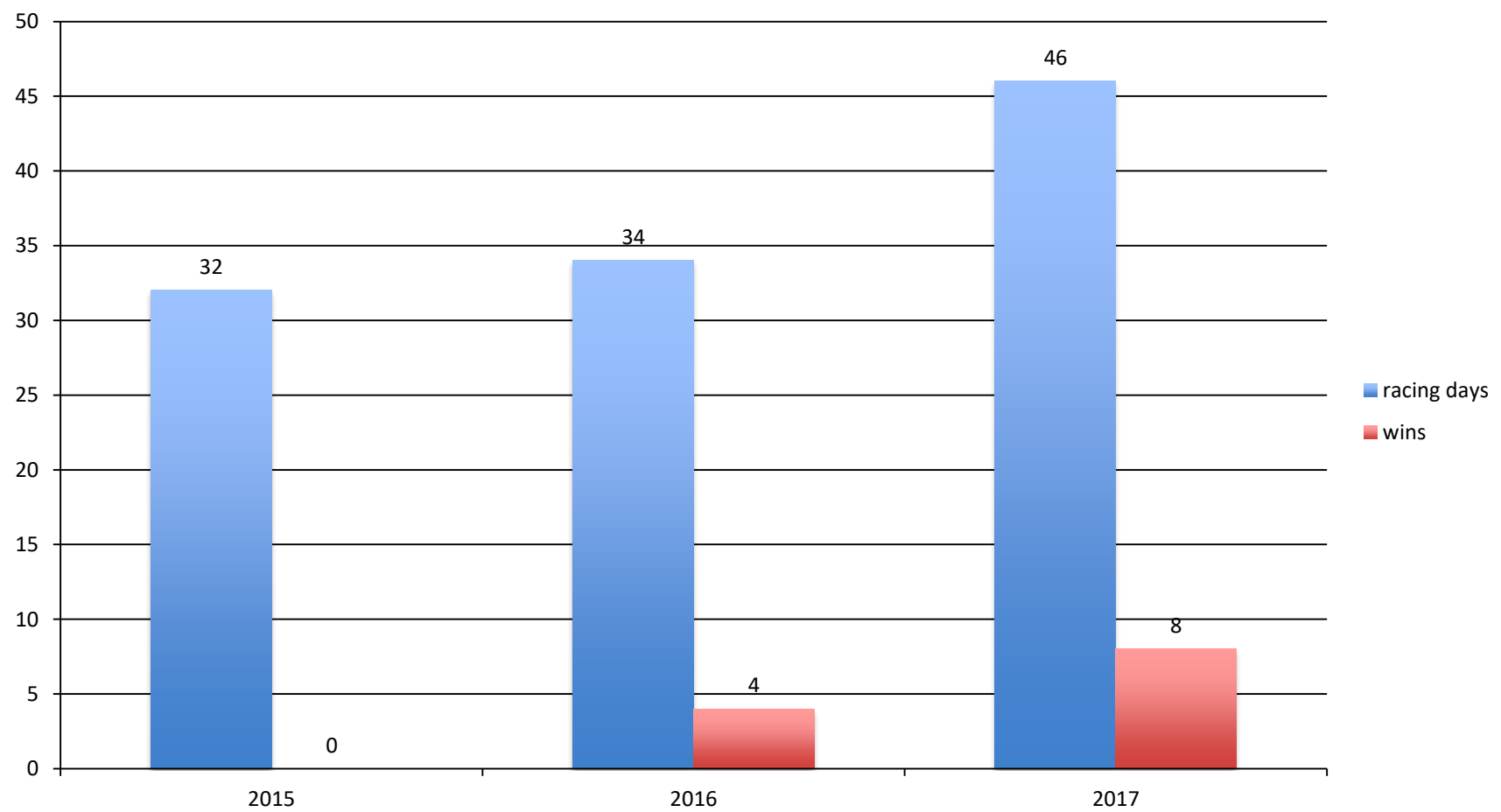
HIIT / Month



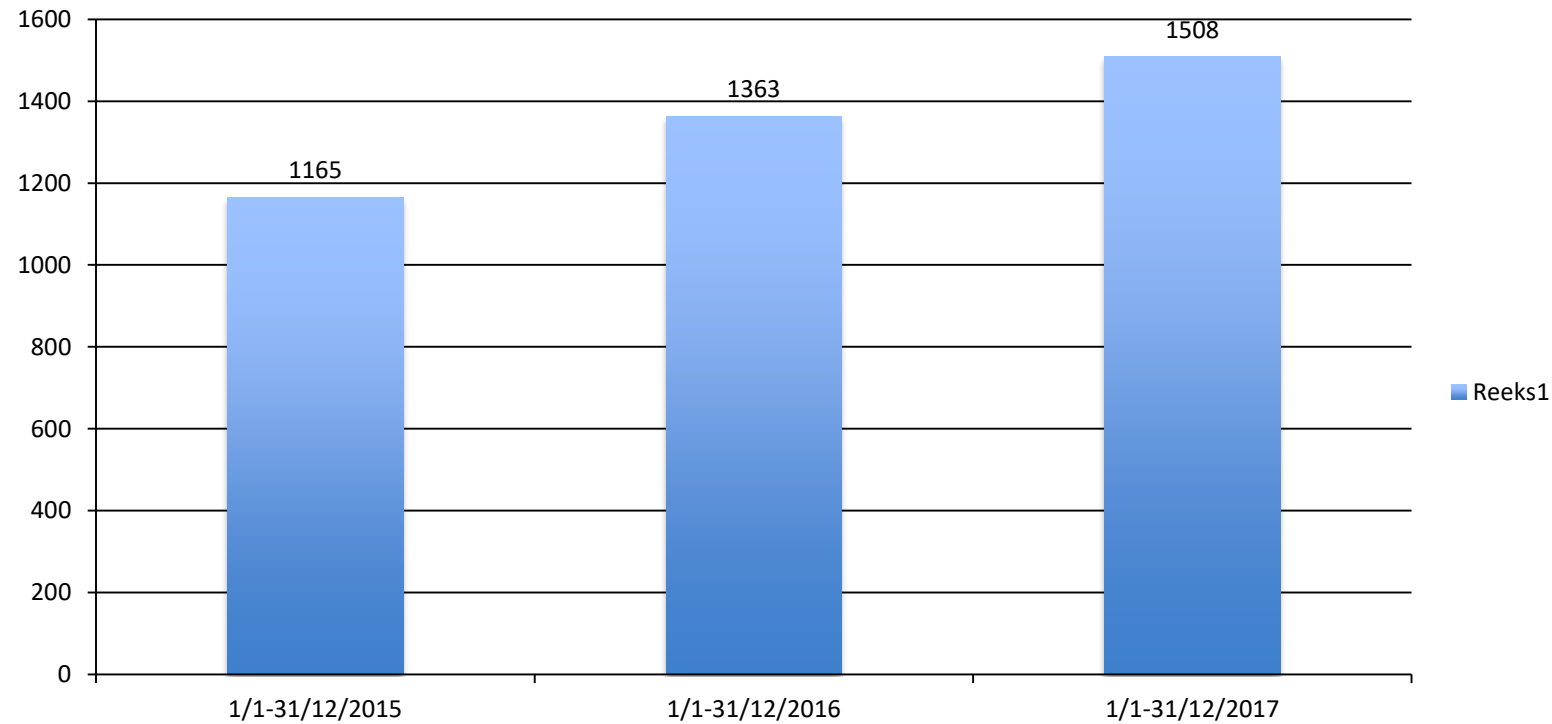
Power Profile



Racing days - UCI wins



Finishes 1st Average watt 15sec



**TRAINING
PEAKS™**

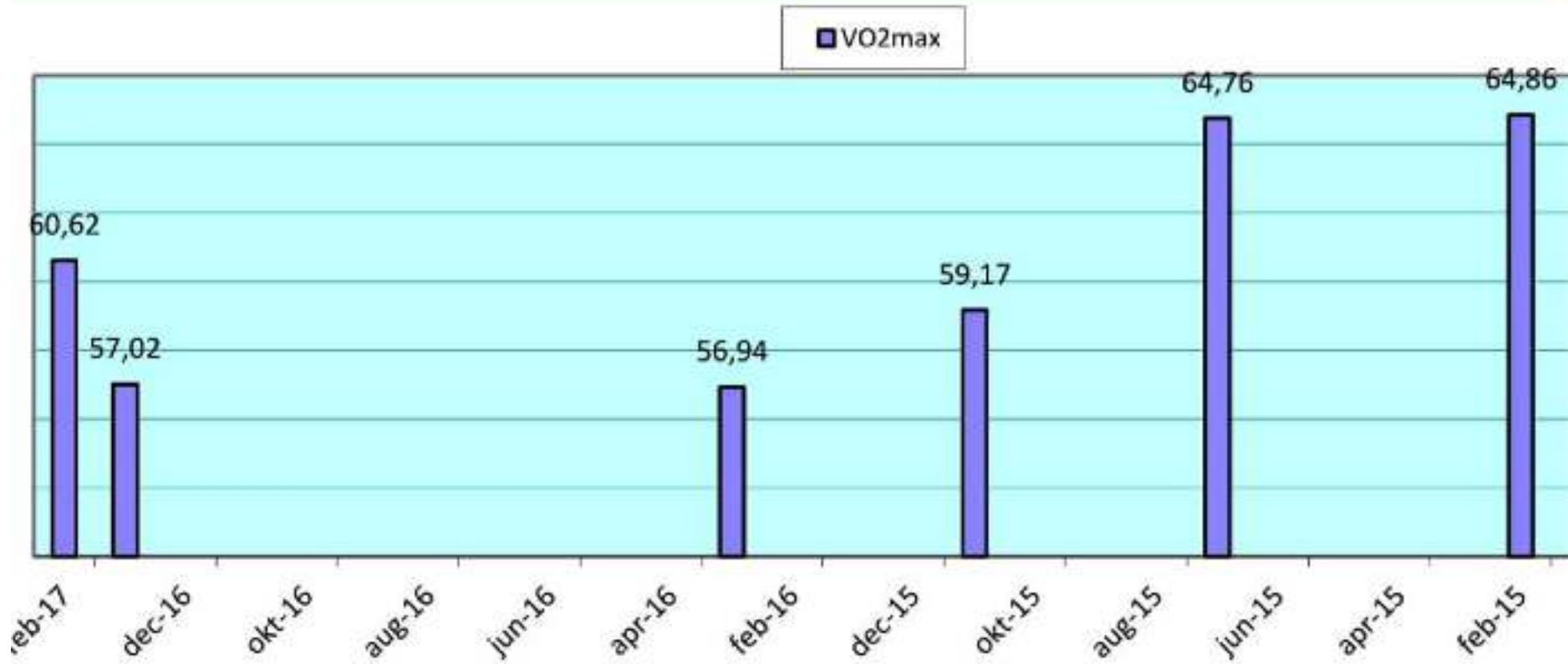
Power

POWER



SMC
SportMáx

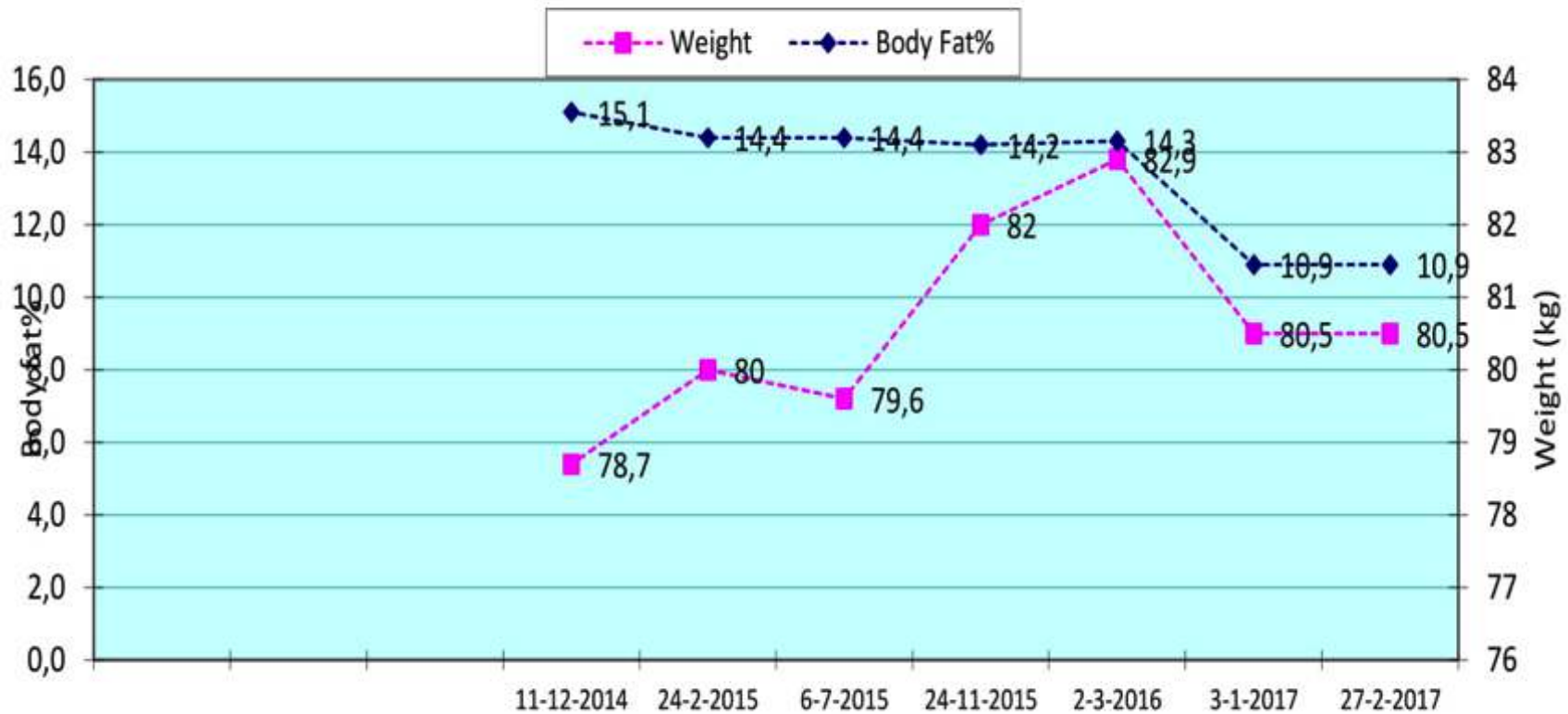
Vo2max



SMC
SportMáx

Weight & Body Fat

Weight & Body Fat



SMC
SportMax

FABIO JAKOBSEN



Case study

Alberto Dainese & Kaden Groves

- A. Dainese
 - ✓ Date of birth: 25/03/1998
 - ✓ Weight: 71kg
 - ✓ Height: 1.77m
 - ✓ UCI wins 2019: 5
- K. Groves
 - ✓ Date of birth: 23/12/1998
 - ✓ Weight: 77kg
 - ✓ Height: 1.76m
 - ✓ UCI wins 2019: 5

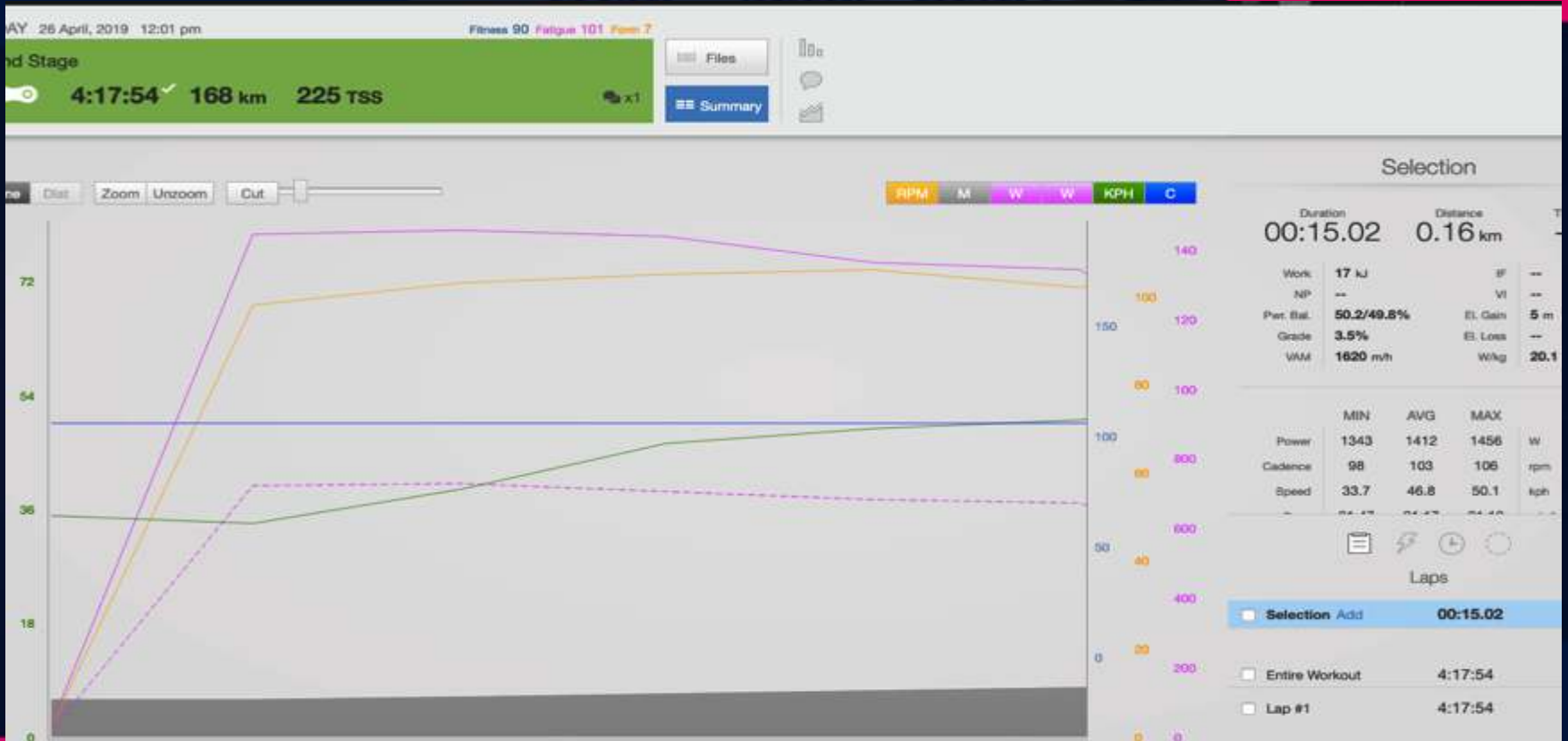
A. DAINESE

2nd STAGE TOUR DE NORMANDIE

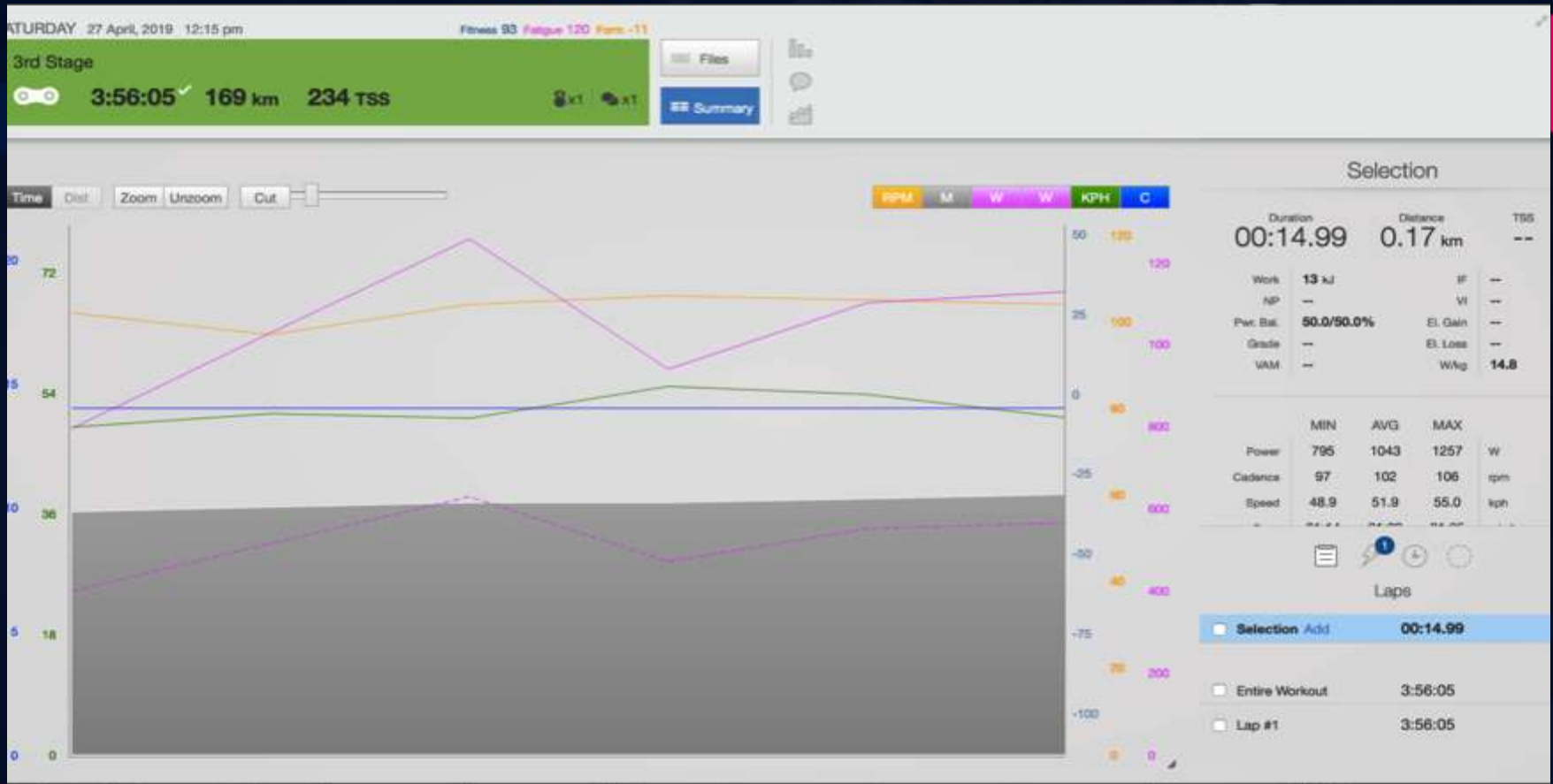


A.DAINESE

2nd STAGE TOUR OF BRETAGNE



3rd STAGE TOUR OF BRETAGNE

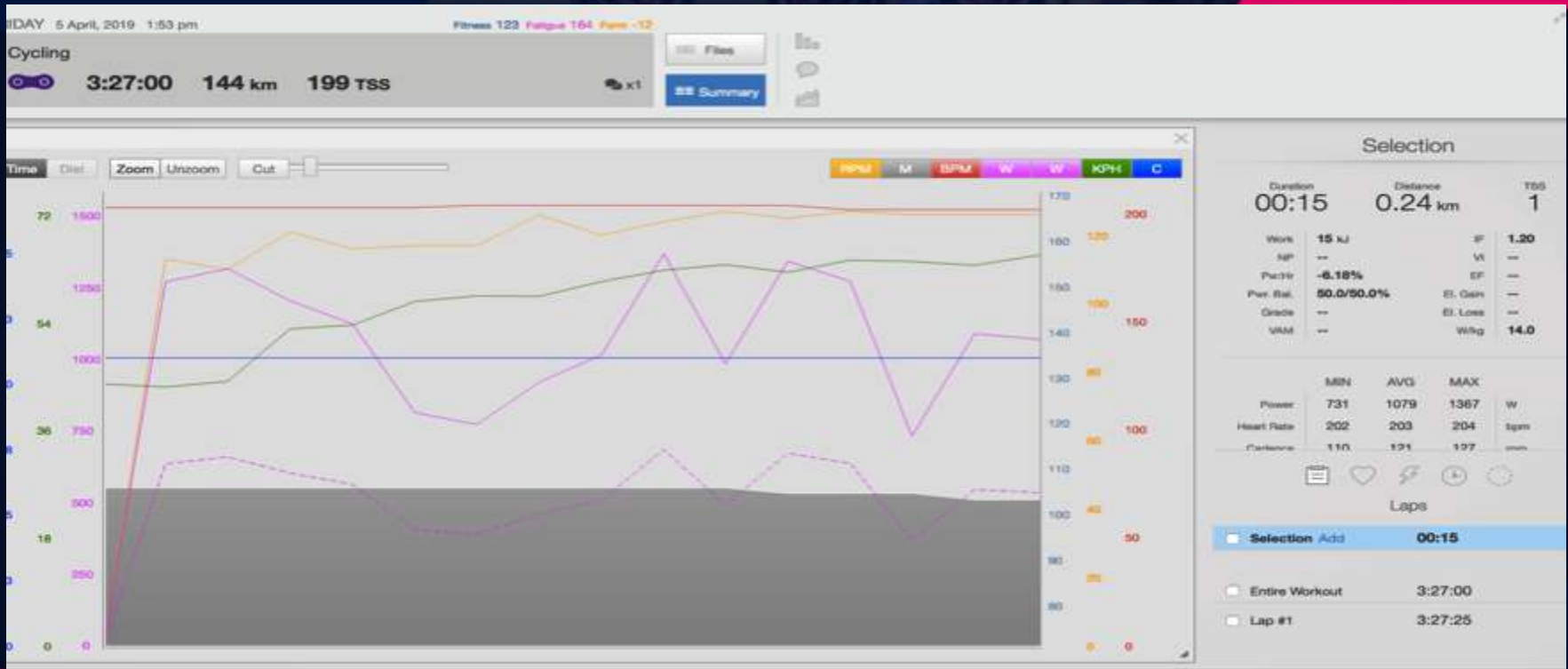


DAINESE / Forward Standing



K. GROVES

1st STAGE LE TRIPTIQUE DES MONTES & CHATEAUX



K. GROVES

3rd STAGE LE TRIPTIQUE DES MONTES & CHATEAUX



K. GROVES

1st STAGE RONDE DE L'ISARD

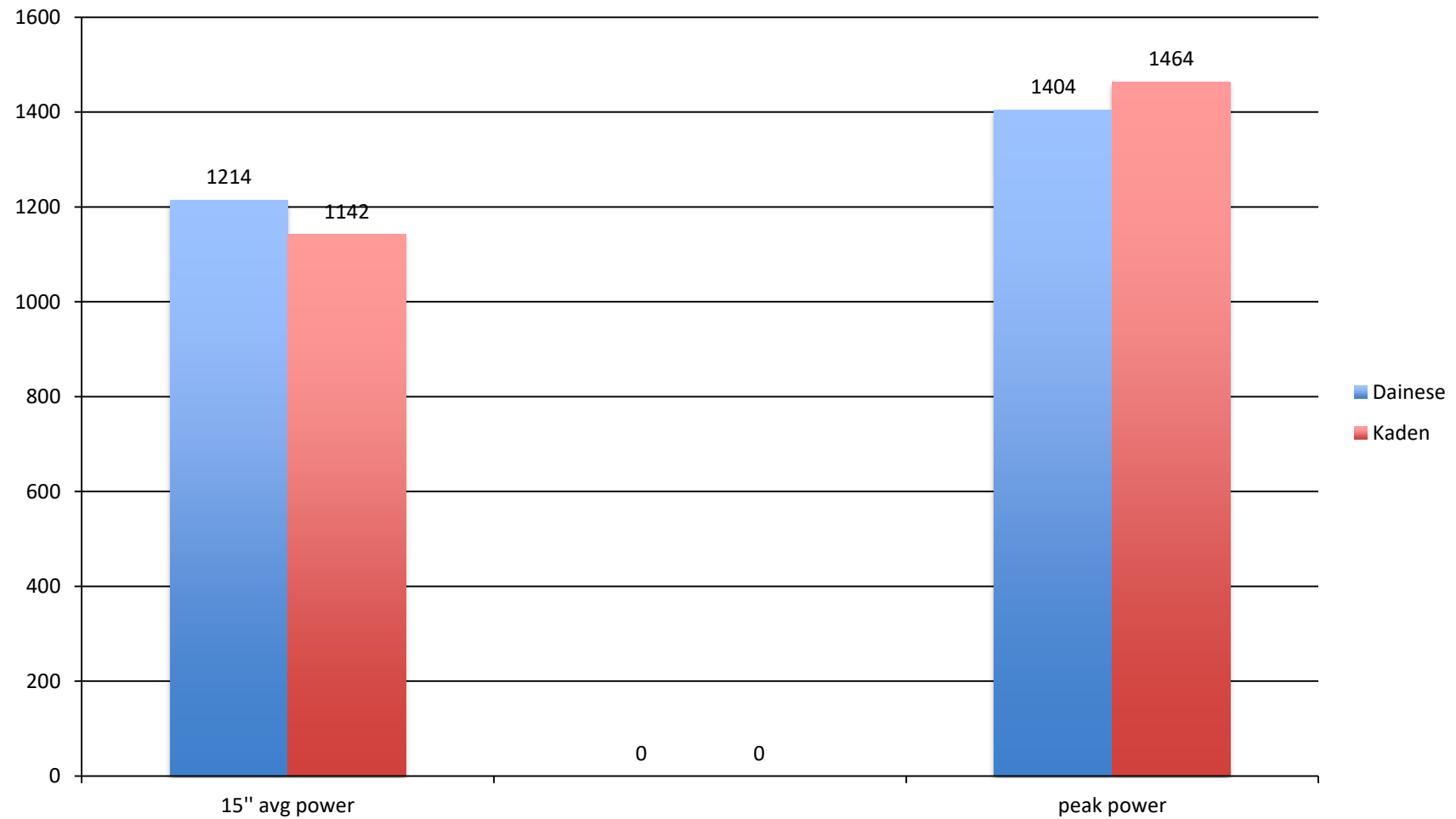


GROVES / Standing



Top Finishes

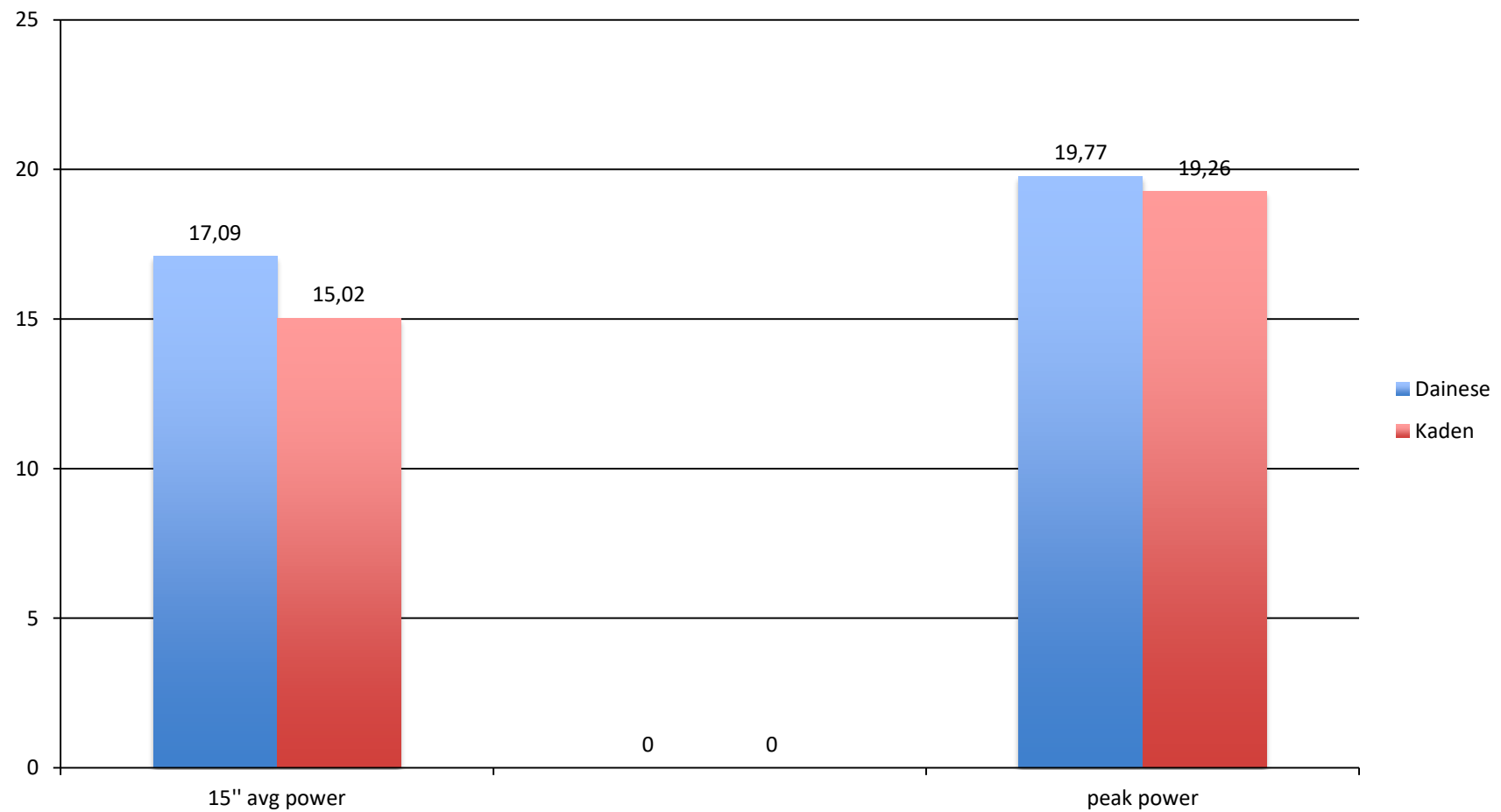
GROVES-DAINESE



Source: **TRAINING PEAKS™**

Top finishes

DAINESE-KADEN W/KG

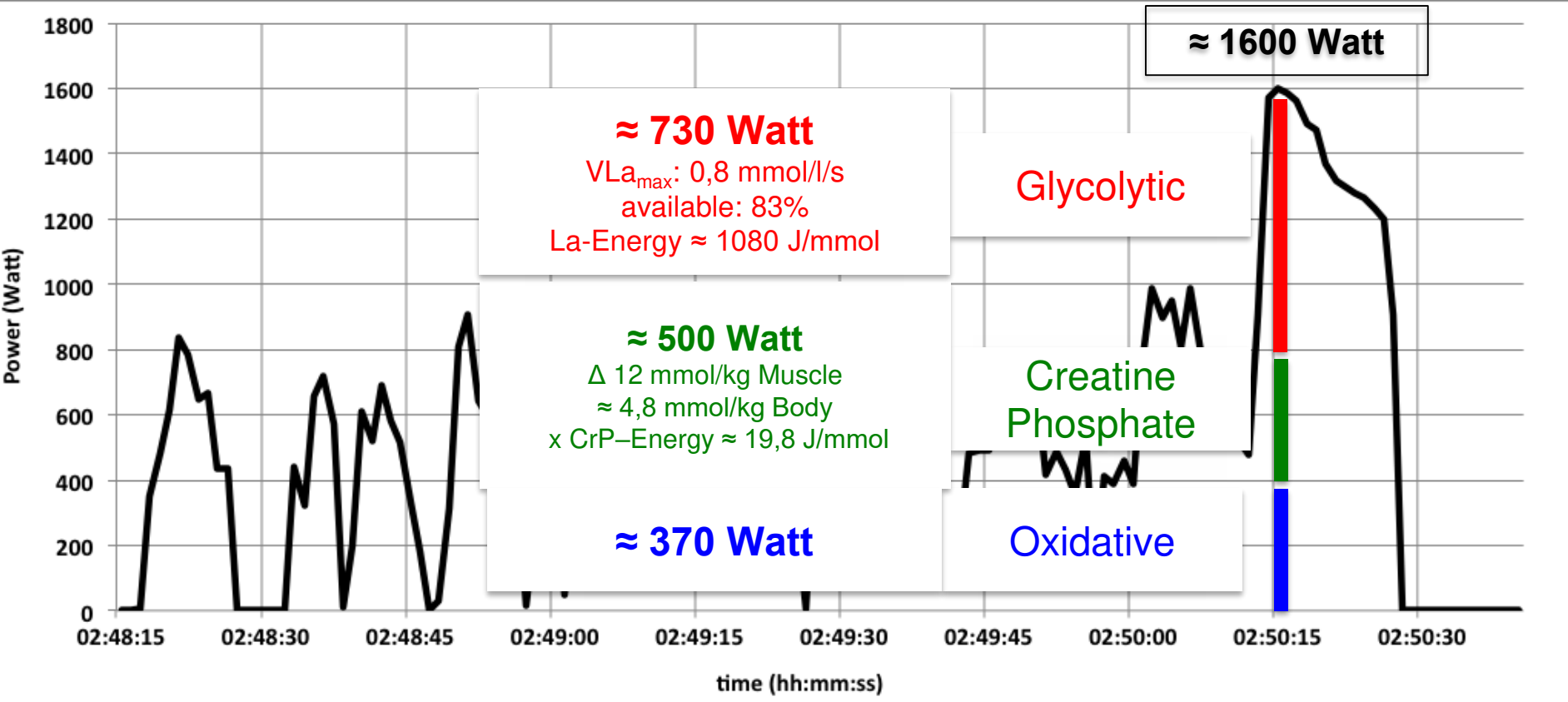


Source: **TRAINING PEAKS™**

VLa_{\max} : Comparison

- Kaden Groves
- Body mass: 76,8 kg
- VLa_{\max} : 0.7 mmol/l/s
- \cong 690 Watt of glycolytic power
- GC Riders \cong 0.3 mmol/l/s
- Classic rider \cong 0.5 mmol/l/s
- World Tour Sprinter \cong 0.8 – 0.9 mmol/l/s
(\cong 800 – 900 Watt glycolytic power)

Greipel's win 2016 Paris



THANK YOU FOR YOUR ATTENTION

