



LOUGHBOROUGH CYCLING ACADEMY

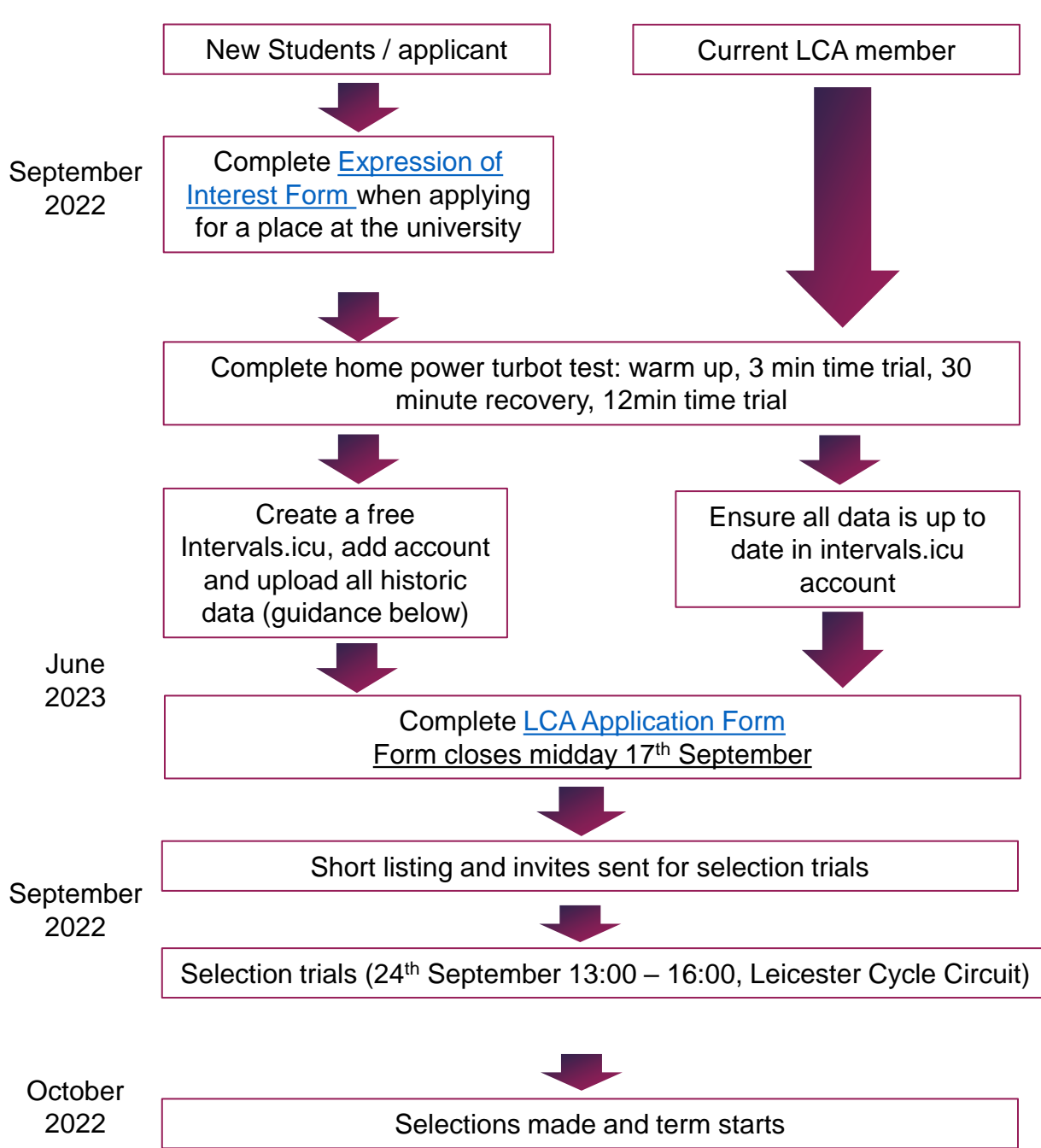
SELECTION PROCESS
2023/2024



SELECTION PROCESS – ENDURANCE SQUAD

Selection process vary dependent on squad, and whether you are a new or returning student.

For current or prospective students, Lightning applications are recorded during the standard LCA application process. For non-students, please apply directly via the [Lightning website](#).



SETTING UP A CYCLING ANALYTICS ACCOUNT

- 1) Go to intervals.icu
- 2) Register for an account
- 3) Fill in your personal details and create an account.
- 4) Upload all historic training by either syncing garmin or wahoo (syncing with strava requires a paid account)
- 5) Add Loughborough Cycling as your coach

The screenshot shows the Intervals.icu mobile app interface. On the left is a dark purple sidebar menu with icons and labels for: Activities, Fitness, Power, Pace, Totals, Compare, Intervals, Settings, Groups, Chats, Forum, and Profile. The main content area displays a list of cycling activities, each with a message icon, a plan status (e.g., '~ No plan ~'), and three data points: Fitness, Fatigue, and Form. For example, the first activity shows Fitness 80, Fatigue 74, and Form 6. Below the activity list, there is a blue button labeled 'ADD ATHLETES' followed by the text 'Follow your friends and athletes you coach on Intervals.icu!'. Underneath this, the text reads 'Your coaches (people who can edit your activities, calendar, FTP and training settings)'. A red arrow points from the 'Profile' menu item in the sidebar to the top of the profile header. Another red arrow points from the 'ADD COACH' button to the 'Your coaches' text. A third red arrow points from the 'ADD COACH' button to the 'ADD COACH' button itself, which is circled in red. The 'ADD COACH' button is a blue button with white text.

Step 1:
Go to your profile

Step 2:
Add 'Loughborough Cycling' as your coach

ADD COACH




SETTING UP HOME POWER TURBO TEST – SETTING UP YOUR DEVICE

- 1) Go to <https://www.zwift.com/uk/download> to download Zwift:



Select the version appropriate for your device.

- 2) Open  **ZwiftSetup.exe** from your downloads folder and follow instructions

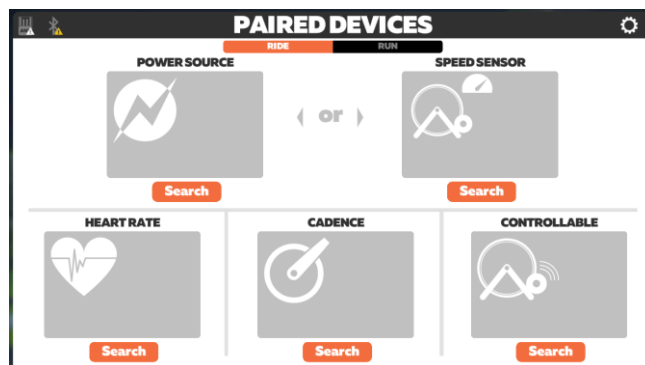
3) Launch Zwift

You may delete ZwiftSetup.exe from your downloads now.

- 4) Sign in using the **LCA account**:

A screenshot of the Zwift login form. It has two input fields: 'Email' with the text 'D.Nichols@lboro.ac.uk' and 'Password' with the text 'Lborocycling20'. There is a red eye icon to the right of the password field to toggle visibility.

- 5) Zwift may take some time to update the first time you open it. Click the **‘Let’s Go’** button in the bottom right of the window once possible.
- 6) You should now see this screen:




- 7) Pair your devices (Power meter/pedals, heart rate monitor, turbo)

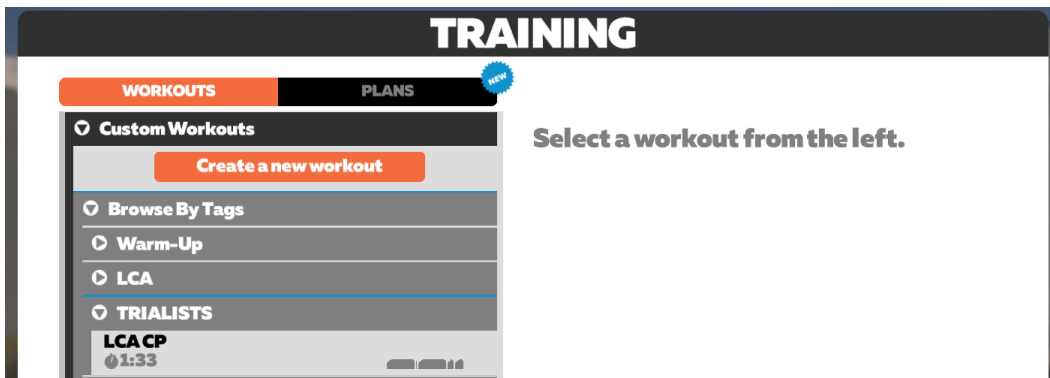


You may use this icon in the top right of the main screen to return to the pairing screen. The red mark means something is wrong with your pairing.

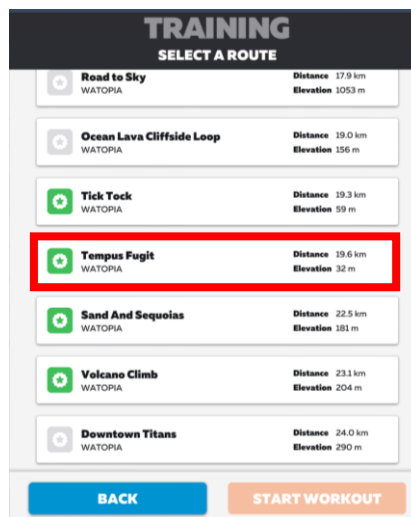
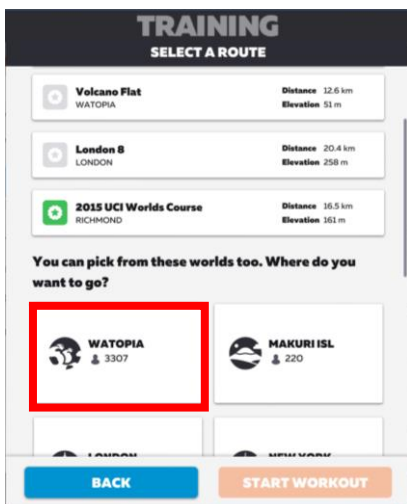


SETTING UP HOME POWER TURBO TEST – STARTING AND SAVING THE TEST

- 8) Select this icon  in the top left corner of the main screen to browse workouts.
- 9) Find the **Custom Workouts** folder and Trialists tab, select the **LCA CP** workout and click on **WORKOUT** at the bottom of the page.



- 10) When selecting routes please select: Watopia & Tempus Fugit.



11) The test protocol is as follows:

30 Minute Warm-Up – *Ensure you are fully warmed up in preparation for the test. At the end of the warm-up please calibrate your Power Meter / Turbo.*

3 x 6 Sec Max Sprint – *In the first 3 Minute interval perform 3 x 6 sec Max Sprints. In Practice this looks like 3 x (6 Sec Sprint w/ 54 Sec Recovery). Best Peak Power and 5 Sec Power will taken from these sprints.*

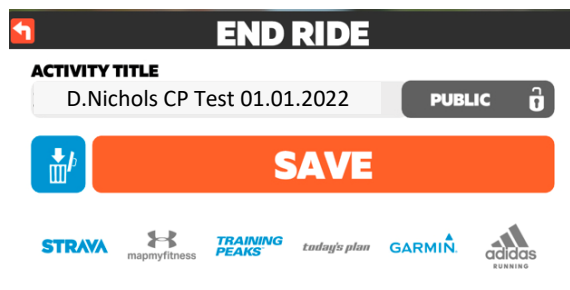
5 Min Recovery

3 Min Effort – *3 minute effort where you should perform the maximum average power you can for the 3 Minutes.*

40 Min Recovery

12 Min Effort – *12 minute effort where you should perform the maximum average power you can for the 12 Minutes.*

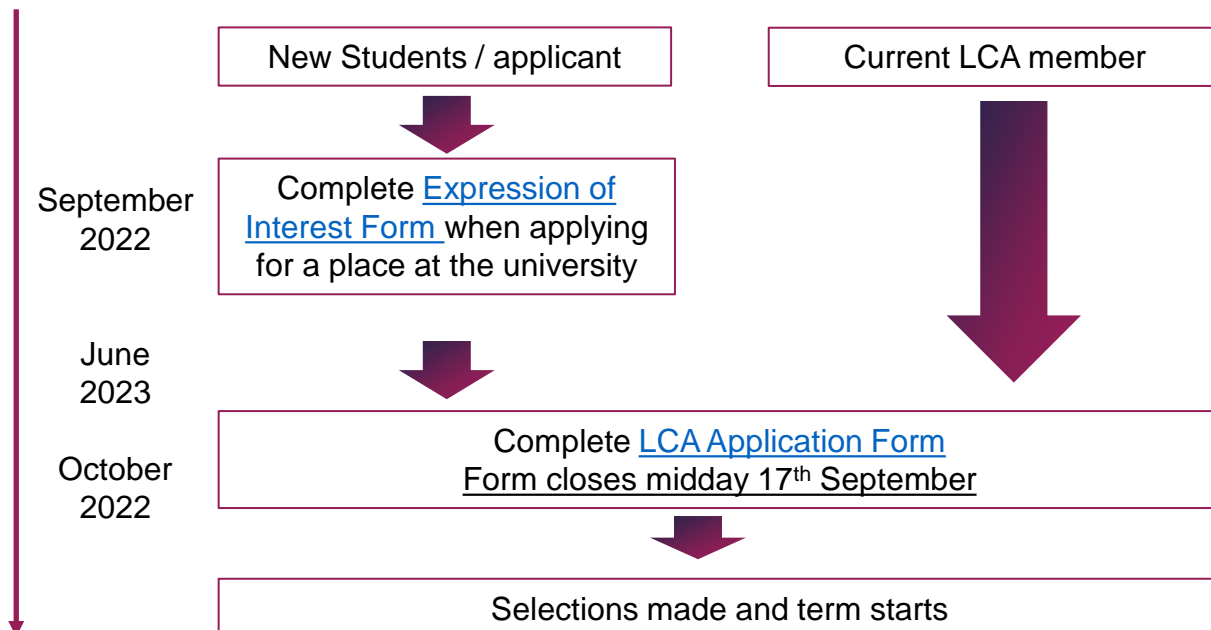
12) Remember to save your test with your name and date. Your ride will show up on our dashboard and be analysed by the team.





SELECTION PROCESS – SPRINT SQUAD

Selection process vary dependent on squad, and whether you are a new or returning student.



SELECTION CRITERIA



ATTITUDES, BEHAVIOURS, CULTURE

Positive Attitudes

- Always displaying a positive attitude.
- Listen to instruction, actively seek and give constructive feedback, and responsiveness to that feedback (coachability)
- Challenging yourself to operate outside your comfort zone.
- Willing to take risks.
- Understanding that being part of the programme is a privilege and not a right.
- Prioritize BUCS and represent Loughborough with pride.

Elite Behaviours

- Make a full commitment to all aspects of the programme.
- Show humility and respect to all.
- Communicate 24h in advance if you cannot attend a session/meeting with reason.
- Being punctual; on time is late.
- Taking responsibility for your own athletic development and performance, academic commitments/deadlines and performance lifestyle.
- Actively communicate, and seek help when needed.
- Provide comment on each session in CyclingAnalytics to provide context to you training and highlight strengths and weakness in your performance.

High Performance Culture

- Understand that the team is bigger than the sum of it's parts
- Make a winning contribution to the team performance.
- Have a winning mentality - our processes put us ahead of the opposition on the start line.



SELECTION CRITERIA

COMMITMENT

- Attend all team events (meetings/workshops/training sessions).
- Adhere to prescribed training plans (on-bike and gym) – achieve > 90% planned to completed training ratio. Changes to the agreed training plan must be discussed with the coach and logged in CyclingAnalytics as such.
- Engage fully with performance support (e.g. lab testing/ nutrition /training load monitoring)

SKILLS

- Riders are expected to be technically proficient and be capable of riding safely in a bunch (road and track).
- Be proficient and comfortable riding at speed in a team (team time trial, team pursuit, team sprint).
- All riders are expected to either be fully accredited at Derby Velodrome, or be seeking accreditation once they start at Loughborough.
- Attend and engage fully with team skill based training sessions (Leicester Cycle Circuit, Derby Velodrome)
- Ability to read a race, and make good tactical decisions under pressure.

PERFORMANCE

- Potential or demonstrated ability to contribute to BUCS points
- Riders are generally expected to be regularly racing at national and/or international level competitions
- Riders may be awarded a place on the programme who don't meet performance levels, if they can enhance the programme in other ways (leadership, enhance experience of others)

TRAINING // FITNESS

- Endurance riders are expected to train 15-25h/week, with a minimum of 700h/year.
- In addition to this riders are expected to attend 1-2 sessions per week of S&C and mobility depending on the training phase.
- Sprint riders are expected to train 2-5 S&C sessions per week, and at least 1/week at the velodrome.
- Engage fully with performance testing (e.g. lab power testing, S&C) and target agreed performance goals.
- Inability to train due to illness and/or injury must be reported to the coach and physio.



SELECTION CRITERIA

LIFESTYLE

- Exhibit behaviours and lifestyle choices that are compatible with high performance sport.
- Taking responsibility for your own athletic development and performance, academic commitments/deadlines and performance lifestyle.
- Riders must not forego academic commitments for squad training, but this must be communicated at least 24h in advance.
- Consumes a diet that fuels performance and contributes to achieving physical and performance targets.
- Prioritises rest and recovery in order to be in the best physical and mental condition for each training session and competition.
- Attempts to find a balance between sport and other aspects of their life e.g. study, work, relationships, family.
- Does not engage in any activity which would be detrimental to health and/or performance.

GENERAL CONDITIONS

1. Make a full commitment to all aspects of the Loughborough University Cycling programme.
2. Understanding that being part of the programme is a privilege and not a right.
3. Fully support and contribute to the positive ethos and image of the Loughborough University cycling programme.
4. Taking responsibility for your own athletic development and performance, academic commitments/deadlines and performance lifestyle.
5. Always displaying a positive attitude, challenging yourself to operate outside your comfort zone, valuing excellence, being punctual and actively seeking and giving constructive feedback.

Failure to meet any of the above may result in a cyclist being removed from their squad and/or asked to leave the programme. Returning athletes should not automatically expect to be in the same squad as in previous seasons. The dynamic nature of Loughborough cycling requires us to balance the squads each season in order to meet the aims of the programme. The cycling programme manager reserves the right to allocate “wildcard” places on the team to athletes that fall outside the aforementioned criteria. This may include, but is not limited to, athletes that have potential future success in BUCS/international cycling, contribute to the overall goals of the programme and/or demonstrate the qualities required to be a positive member of the Loughborough University cycling team.

