



HIGH PERFORMANCE HUMANS  
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Agility Guard Update. April 22

Well I though is was time to Freak you guy's out a little.

I have been using the new Agility Guard now for a full 6 weeks in a base strength training cycle and decided to put it to the test over the weekend on a familiar course and with the same performance objectives as I have used in the past after this cycle on my Sunday ride. The results were amazing in performance number terms and to me as a coach to see such a jump in base strength was unbelievable.

The 2 ride's are on the same course from Simi Valley to South Mountain Road up to Ojai then down into Ventura on the coast, then back up in to Ojai and return back over Grimes canyon a nice 120 mile loop with 5 good climbs.

When comparing Sundays data to the data on March 14 2010 which was the week before the San Dimas race last year, and was my best file to date for this style of workout, I had to look at it twice as it seemed unreal when I overlaid the files the first time.

Sunday April 17 2011

Entire workout (279 watts):  
Duration: 6:14:21 (7:00:44)  
Work: 6258 kJ  
TSS: 598.9 (intensity factor 0.986)  
Norm Power: 308  
Distance: 119.48 mi

	Min	Max	Avg
Power:	0	997	279 watts
Heart Rate:	94	182	142 bpm
Cadence:	30	246	70 rpm
Speed:	2.2	41.3	19.3 mph
Crank Torque:	0	1184	375 lb-in

Peak 5s (884 watts):  
Peak 10s (831 watts):  
Peak 20s (782 watts):  
Peak 1min (463 watts):  
Peak 5min (401 watts):  
Peak 10min (366 watts):  
Peak 20min (347 watts):  
Peak 30min (326 watts):  
Peak 60min (313 watts):

Sunday March 14 2010

Entire workout (182 watts):  
Duration: 6:29:40 (7:18:43)  
Work: 4244 kJ  
TSS: 311.6 (intensity factor 0.702)  
Norm Power: 219  
Distance: 119.112 mi

	Min	Max	Avg
Power:	0	536	182 watts
Heart Rate:	46	167	130 bpm
Cadence:	30	218	65 rpm
Speed:	2.2	42	18.5 mph
Crank Torque:	0	1077	248 lb-in

Peak 5s (502 watts):  
Peak 10s (476 watts):  
Peak 20s (407 watts):  
Peak 1min (361 watts):  
Peak 5min (311 watts):  
Peak 10min (295 watts):  
Peak 20min (275 watts):  
Peak 30min (257 watts):  
Peak 60min (214 watts):

I just happened to be with Dr Joe Andary from Agility Guard today and the penny dropped when watching him fit and work with some martial arts boxes and got a total different look and better understanding of where the strength improvement is coming from while watching them getting stress tested after they were fitted with new Agility Guards.

Because of their phenomenal upper body strength the regular arm test were not that impressive so Rich changed the playing field and laid them down on the floor and stress tested their legs and hips instead, for me this was critical learning moment as I watched the number 1 ranked kick boxer in the world manipulated like a rag doll in the glut's and hamstrings for strength.

When he fitted his Agility Guard in and the same forces were applied his whole body engaged locking his entire back, glutes and hamstrings into 1 solid unmovable object instead of just the hamstring activating to do the work. When the second boxer got down, face up this time the same thing happened with the front muscles with the chest and abs locking into place simultaneously supporting the thigh when under pressure.

I thought back to some changes I had made in the last 6 weeks in the gym since beginning to use the guard and realized the extra stability and power I was getting was because of this also which had allowed me to increase my one legged lifts by 200 pounds and double the reps.

I think the majority of the average power gains in the above comparison are coming from the structural strength increase from the improved stability by recruiting more muscles to hold the pelvis in alignment to more efficiently deliver the power without fatiguing as quick or at all for that matter.

Like many track coaches now days I have learn't not to confine myself to conventional cycling methods any longer for strength and conditioning workouts and explosive power workouts but to mimic serious power sports like the NFL Football Teams and use for their line backers, running ends and wide receivers workouts as when you see that they do, you just start to cry without taking a step.

Today I had a major increase in my understanding of the potential of this device's abilitys especially in this area.

Its is going to be very interesting over the next 6 weeks as I cross back into racing to see if I can bring most of the base strength with me or I am thinking now, maybe even improving on it after today.

Thanks for another Great Day Joe and the Agility Guard Team.