



meets



diagnostics | training | aerodynamics





What is STAPS?



- based on its worldwide unique method of performance testing – **the STAPS method**
- **S**ystem **T**heoretical **A**nalysis of **P**erformance in **S**ports
- one of the leading institutes in endurance sports
- conjunction of **know how** in professional cycling and sport science
- located in Cologne **and** Hamburg, Germany



References



- professional cycling:
 - since 2007 official support of pro-teams (HTC-Highroad, Katusha, Team Cannondale-Garmin)
 - training support for Tony Martin, Peter Sagan, Andre Greipel and many more
- “ultra-endurance” cycling:
 - Heinemann XP-Team (RAAM '14)
 - 2xRAAM Solo-Finisher '14
 - RYE XP-Team (Trondheim-Oslo '15)



STAPS method



- a combination of **anaerobic** and **aerobic** performances tests
- benefits:
 - more accurate determination of the anaerobic threshold etc.
 - differentiated determination of the metabolic systems
 - new and more detailed approaches for the training concepts



STAPS meets RYE



Collaboration 2014/15

- Individual training support
 - 6 or 9 months duration
 - 2 STAPS performance diagnostics in Oslo
 - Project offer: 30% reduction (112€)

- Evaluation
 - Won Trondheim-Oslo
 - Communication



STAPS meets RYE



The new products

Typ

TRAINING SUPPORT	RED	BLACK
6 months incl. 2x STAPS cycling test*	179 €	249 €
12 months incl. 3x STAPS cycling test*	159 €	229 €
Continuous training support	✓	✓
Detailed development planning	✓	✓
Feedback	✓	✓
Detailed nutritional training specifications	✓	✓
Nutritional analysis competition	✓	✓
Training data analysis	✓	✓
Detailed competition analysis		✓
Online platform		✓
Phone & E-Mail-Contact	2-3x/month	unlimited
Privileged phone number		unlimited

* prices per month



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RED

- more detailed performance test analysis
- permanent training data analysis

BLACK

- additional performance tests
- coaching via online training platform
- unlimited contact to your personal STAPS coach (plus mobile number)



STAPS meets RYE



BLACK: TrainingPeaks

TRAININGPEAKS Marc Sauer Coach Edition

Calendar Dashboard ATP

August 2015 Today

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SUMMARY
17 1:30:08 RB Fahre die gesamte Einheit im HB-Bereich. P: 1:30:00 C: 1:30:38	18	19 73.9 km G1-G2-K3 Einfahren im G1-Bereich. Dann 40min im K3-Bereich (Training: 50). Fahrer im Wechsel mit Brink... P: 2:30:00 C: 2:31:11	20 76.6 km G1-K1 Fahre die gesamte Einheit im oberen G1-Bereich. Basse alle 15min K1-Jahrer ein. (Bund die Tril... P: 2:30:00 C: 2:31:01	21	22 47.9 km Vorbelastung Einfahren im G1-Bereich. Dann 30min im EB-Bereich fahren im Wechsel mit Brink G1. Dann im G1-Bere... P: 1:00:00 C: 2:35:24	23 9.43 km OM Berg C: 9:19:24 35.3 km C: 1:23:48	Total Duration 7:30 10:19 Bike Duration 7:30 10:19 Distance 243 km TSS 526.7 tss Bike 243 km El. Gain 4525 m Work 7113 kJ
24 44.6 km RB Fahre die gesamte Einheit im HB-Bereich. P: 1:30:00 C: 1:34:03	25	26 76.2 km G1-EB Einfahren im G1-Bereich. Dann 40min im EB-Bereich fahren im Wechsel mit Brink im G1-Bereich. Die... P: 2:30:00 C: 2:31:52	27 70.1 km G1-G2 Einfahren im G1-Bereich. Dann 4x15min im G2-Bereich fahren im Wechsel mit 12min im G1-Bereich. Au... P: 2:30:00 C: 2:21:56	28 80.0 km Vorbelastung Einfahren im G1-Bereich. Dann 30min im EB-Bereich fahren im Wechsel mit Brink G1. Dann im G1-Bere... P: 1:00:00 C: 1:39:31	29 12.0 km Kriterium Novo Mesto C: 0:29:41 51.6 km C: 1:13:09 9.54 km C: 0:23:15	30 2.12 km Zugsch-Liebach C: 0:05:54 179 km C: 4:54:15	Total Duration 6:30 13:37 Bike Duration 6:30 13:37 Distance 492 km TSS 674.2 tss Bike 492 km El. Gain 4193 m Work 9968 kJ
31 54.1 km RB Fahre die gesamte Einheit im HB-Bereich. P: 2:00:00 C: 1:59:58	1 Sep 3:00:00 G1-EB Einfahren im G1-Bereich. Dann 40min im EB-Bereich fahren im Wechsel mit Brink im G1-Bereich. Die... P: 3:00:00	2 2:00:00 G1-G2 Einfahren im G1-Bereich. Dann 4x15min im G2-Bereich fahren im Wechsel mit 12min im G1-Bereich. Au... P: 2:00:00	3 Ruhetag	4 1:00:00 Vorbelastung Einfahren im G1-Bereich. Dann 30min im EB-Bereich fahren im Wechsel mit Brink G1. Dann im G1-Bere... P: 1:00:00	5 Kriterium Schwaz	6 Straßenrennen Schwaz	Total Duration 8:00 2:00 Bike Duration 8:00 2:00 Distance 54.1 km TSS 53.4 tss Bike 54.1 km El. Gain 451 m Work 1094 kJ



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BLACK: TrainingPeaks

SATURDAY 15 Aug, 2015 3:54 pm

3:07:43 70.9km 190.4TSS
STAPS - 3x6LC

BT

Files

Expand

	Planned	Completed	
Duration	2:30:00	3:07:43	h:m:s
Distance		70.9	km
Average Speed		22.7	kph
Calories		1820	kcal
Elevation Gain		1042	m
TSS		190.4	TSS
IF		0.78	IF
Normalized Power		230	W
Work		1820	kJ

	Min	Avg	Max	
Heart Rate	72	125	174	bpm
Power		161	620	W

Equipment

Bike: Eddy Merckx

Description

Warm-up in G1-zone. Then do 3x6LC-intervals (3min intensity/3min recovery) with 10min G1 between the series. Cool-down in G1-zone.

Pre-activity comments

Post-activity comments

██████████ SAT 15 August, 2015
No power in my legs today. Must be the low-carb thing kicking in.

██████████ SAT 15 August, 2015
Missed the time today too. :-(

Marc Sauer MON 17 August, 2015
Youz will definety feel the no carb in these kind of sessions. You did the first few intervals with a too high power output. The last ones are good.

Delete Cancel Save & Close



STAPS meets RYE



The RYE offer

■ Training support packages:

- Chose between **RED** or **BLACK**
- 3 STAPS diagnostics in Oslo are inclusive
- Chose between 6 or 9 months

(**RED: 125€* instead of 179€***; **BLACK 175€* instead of 249€***) or
12 months

(**RED: 112€* instead of 159€***; **BLACK 160€* instead of 229€***)

■ Single tests:

- **Granfondo RED performance diagnostic: 229€ instead of 269€**
- **Granfondo BLACK performance diagnostic: 289€ instead of 349€**
- **BIKEFIT: 129€ instead of 179€**

* price per month

STAPS meets RYE

