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| 1 | Male | 18 | This is a progression of the rider towards a national event, combined with a relocation to a new area, and starting working so training was constrained. He started well below the line at the conclusion of block 1, was closer up towards the line after block 2, and with settling in to his new setting was able to push well ahead of the line to make a large increase in 30-s compared to block 1. |
| 2 | Male | 17 | In this progression the rider is building towards an Oceania championship coming off winter training and limited riding on a velodrome. After block 1 they are below the line, after block 2 are still below the line, however with improving weather and access to an outdoor track and a motorbike to provide motorpacing the rider was able to produce a large increase in 30-s power, pushing above the line. |
| 3 | Male | 17 | U19 athlete training for a regional championship. Rider mixing commitments in schools road cycling with sprint cycling saw them start below the line, move upwards parallel to the line before in the final block being able to focus on sprint cycling to push above the line and achieve good performances in the regional championship. |
| 4 | Male | 18 | This is the progression of a rider towards a regional event, where he successfully broke a U19 national record for the flying 200-m as well as competing in a 1000-m TT, sprint and Keirin series. He starts below the line, moves well above the line after the first block and proceeds to train towards the line in block 2 to finish closer towards the line and achieve a top performance. |
| 5 | Male | 16 | U17 athlete mixing their focus on sprint, track endurance and road cycling events. Stayed below the line the whole time and their performances in all three branches of cycling achieved mixed results. |
| 6 | Male | 55 | Masters athlete training towards a test camp with a reluctance to do actual competition due to previous crashes. This training approach does allow a level of constancy, but no competition is likely to not draw the best out of the rider. They start below the line and push above the line and up and further away from the line in the third block. |
| 7 | Male | 26 | This is a rider training towards a National Championship. All 3 block are performed above the line and the rider produces very good 30-s power but struggled in competition to sustain this power over a series, and even within certain rides if pacing was poor (too fast at start) or was forced into a long sprint. To be better prepared for all competition possibilities they need to train more capacity. |
| 8 | Male | 17 | U19 athlete preparing for a national championship. All numbers were below the line as the rider was racing in the sprint events, but had a mixed focus looking towards road cycling events beyond the track championship. This approach led to average performances at the national championships. |
| 9 | Male | 55 | Masters athlete training towards a test camp with a reluctance to do actual competition due to previous crashes. This training approach does allow a level of constancy, but no competition is likely to not draw the best out of the rider. They started below the line, moved up parallel to the line and pushed up and above the line in block 3. |
| 10 | Male | 50 | Masters athlete building to an open national championship riding the 1000-m TT, sprint qualifying and round 1 of the sprints. Rider starts above the line and progresses upwards running parallel with the line. |
| 11 | Male | 16 | U19 athlete preparing for a national championship. Started below the line and proceeded above the line in block 2 and made further progress in block 3. This progression was reflected in performances at the national championship. |
| 12 | Male | 49 | This is a masters rider training towards a open event where he rides a 1000-m time trial and a flying 200-m. Did not qualify in the flying 200-m to move into the sprint rounds. Rider is above the line for all three blocks. Indicating they needed more capacity work to lay the foundation for a better all-round performance. |
| 13 | Male | 45 | Masters athlete building to a World Championship in their 5 year age group. Rider above the line for all three blocks. Suffering a back injury so efforts tempered at time. Moderate gains were made. Time were not good relative to previous performance, however with good tactical racing two medals were achieved. |
| 14 | Male | 42 | Masters athlete building to a National Championship. Athlete stayed above the line. In block 2 pushed closer to the line and in block 3 away from the line, not achieving a big increase in power. Results were good at the national championship, however rider relied more on tactics than speed. |
| 15 | Male | 17 | In this progression, after block 1 the rider is below the line and in block two moves downward alongside the line. In block 3 the rider is able to push above the line and achieve good power to win an U19 national sprint title. |
| 16 | Male | 42 | Masters athlete building to a World Championship in their 5 year age group. Rider above the line for all blocks pushing up and away from the line slightly. Medal won at the Championship, but not the fastest times recorded. |
| 17 | Male | 17 | U19 cyclist competing at a national championship in their grade. Rider below the line and pushed closer below the line before moving over the line and upwards. This move from capacity to more power for competition was matched with good results for this rider medalling in the U19 sprint event. |
| 18 | Male | 43 | Masters athlete building to a National Championship. Athlete stayed above the line. Rider started below the line and moved closer to the line in block 2 then made a large push for power in the third block. A large increase in sprint power was not realised and performances were reflected in this. |
| 19 | Male | 49 | Masters athlete training for open competition 1000-m TT and sprint qualifying. Starts just below the line and makes a big push above the line and makes very little progress in the final block suggesting a more balanced approach to building sprint power and sprint capacity. |
| 20 | Male | 50 | Masters rider preparing for a open competition riding the 1000-m TT and sprint qualifying. Above the line for all blocks, very little gain between block 1 and 2, but better gain in block three. Athlete suffering from back injury. |
| 21 | Male | 44 | Masters athlete building to a National Championship. Athlete stayed above the line. Rider was above the line for all three blocks pushing away from the line in block 2 and while trying to refocus on capacity did not gain much power. However results were excellent for this event. |
| 22 | Male | 42 | Masters cyclist building towards a regional championship racing sprint and endurance events. Athlete started below the line and made a big push for power in block 2 with regular carnival racing, but was able to perform more mixed training which saw them move back towards the line and achieve good power at the regional championship. |
| 23 | Male | 43 | Masters cyclist building towards a regional championship racing sprint and endurance events. Rider started above the line, made a big push for capacity in block 2 before pushing for power in block 3 achieving good sprint performances and average endurance performances.  |
| 24 | Male | 48 | Masters cyclists building towards a world championship in his 5 year age group. All blocks above the line and block 2 moved closer to the line, however a big push to deliver more power mean a large move away from the line and minimal gain in power, reflected in average performances at the world championships. |
| 25 | Male | 50 | Masters rider competing in their 5 year age band at a World Championship. Riding the 500-m TT and match sprint series achieving 4 rides before being eliminated. Athlete suffering from back injury. Athlete makes a big push for power from block 1-2 and this, plus injury, means there is not a large gain in power in the final block. |