

The Effects of the COVID-19 Pandemic on Training Volume, Intensity Distribution, and Racing Practices of Cyclists

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Appendix 1. Survey Questions

BACKGROUND

What is your sex?

(single selection) [Male, Female, Prefer not to say, Other]

How old are you?

(free text response)

What is your height (cm)?

(free text response)

What is your weight (kg)?

(free text response)

If you know your Functional Threshold Power (FTP) please enter it here.

(free text response)

What country did you live in between January and September 2019?

(free text response)

What country did you live in between January and September 2020?

(free text response)

Do you take part in competitive cycling races?

(single selection) [Yes, No]

Do you hold a NGB or UCI racing licence?

(single selection) [NGB licence, UCI licence, No licence]

Do you use any form of online/interactive platform for training? E.g. Zwift, Trainer Road, Bkool, Road Grand Tours, Sufferfest etc.

(single selection) [Yes, No]

Branch if yes- Which ones?

(free text response)

Did you use them prior to the COVID-19 pandemic?

(single selection) [Yes, No]

Do you follow a structured training plan?

(single selection) [Yes- I follow a structured plan from interactive software e.g. Zwift or TrainerRoad, Yes- I follow a structured plan from a personal coach, Yes- I follow a self-created plan, Yes- I follow a plan from a book/magazine or online, No structured plan]

What equipment do you use for training/monitoring?

(multiple choice) [Power meter, Smart turbo trainer, Heart rate monitor, Sleep tracker, Activity tracker/smart watch, Rollers, Non-smart turbo trainer, Other]

How do you record your training?

(multiple choice) [Garmin Connect, Golden Cheetah, Paper diary, Strava, Todays Plan, TrainingPeaks, WKO, Other]

How many years have you trained mainly for cycling?

(free text response)

TRAINING VOLUME

What type of sessions did you regularly perform during a typical week between January and September 2019?

(these may be indoors or outdoors)

(multiple choice) [Endurance rides, Recovery rides, Threshold/sweetspot intervals, High intensity intervals (defined as anything above threshold), Free riding- no set intensity or structure, Cyclocross races, Track races, Road races, Circuit races, Strength training, Cross training- other methods of cardio/endurance sports e.g. running, Cross training- other team sports e.g. football, Cross training-Gym style circuit classes]

What type of sessions did you regularly perform during a typical week between January and September 2020?

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How many on the bike sessions would you perform in a typical week between January and September 2019?

(free text response)

How many on the bike sessions would you perform in a typical week between January and September 2020?

(free text response)

How many off the bike sessions would you perform in a typical week between January and September 2019?

(free text response)

How many off the bike sessions would you perform in a typical week between January and September 2020?

(free text response)

How many hours did you spend on the bike in January 2019? (please round to nearest whole number)

(free text response)

How many hours did you spend on the bike in January 2020?
(free test response)

How many hours did you spend on the bike in February 2019?
(free test response)

How many hours did you spend on the bike in February 2020?
(free test response)

How many hours did you spend on the bike in March 2019?
(free test response)

How many hours did you spend on the bike in March 2020?
(free test response)

How many hours did you spend on the bike in April 2019?
(free test response)

How many hours did you spend on the bike in April 2020?
(free test response)

How many hours did you spend on the bike in May 2019?
(free test response)

How many hours did you spend on the bike in May 2020?
(free test response)

How many hours did you spend on the bike in June 2019?
(free test response)

How many hours did you spend on the bike in June 2020?
(free test response)

How many hours did you spend on the bike in July 2019?
(free test response)

How many hours did you spend on the bike in July 2020?
(free test response)

How many hours did you spend on the bike in August 2019?
(free test response)

How many hours did you spend on the bike in August 2020?
(free test response)

How many hours did you spend on the bike in September 2019?
(free test response)

How many hours did you spend on the bike in September 2020?
(free test response)

Did you reduce the amount of outdoor riding during the period of lockdown?

(single selection) [Yes-cut out outdoors riding completely, Yes- cut down significantly on outdoors riding, Yes-cut down somewhat on outdoors riding, No- no decrease in outdoors riding, No- Increased amount of outdoors riding, No lockdown in my area]

TRAINING INTENSITY DISTRIBUTION

How would you usually distribute your training intensity (on bike only) during the off season? Please give the percentage of Low/medium/High intensity (this can be a very rough estimate). We are aware not everyone will have access to power or heart rate data, so this is deliberately open)

(free text response)

How would you usually distribute your training intensity (on bike only) during the pre-season? Please give the percentage of Low/medium/High intensity (this can be a very rough estimate).

(free text response)

How would you usually distribute your training intensity (on bike only) during the race season? Please give the percentage of Low/medium/High intensity (this can be a very rough estimate).

(free text response)

Did you alter the amount of low/medium/high intensity training during the period of lockdown (compared to those months in a typical season)? Please describe in as much detail as possible.

(free text response)

What was your reasoning for altering the intensity distribution during the period of lockdown?

(free text response)

RACING

How often did you race in January-September 2019? (please give the total number of races)

(free text response)

What kind of races did you do in 2019?

(multiple choice) [Zwift/e-racing, Road racing, Time trials, Criterium/closed circuit racing, Track racing, Cyclocross racing, None]

How often did you race in January-September 2020? (please give the total number of races)

(free text response)

What kind of races did you do in 2020?

(multiple choice) [Zwift/e-racing, Road racing, Time trials, Criterium/closed circuit racing, Track racing, Cyclocross racing, None]

Was there a lockdown in your location?

(single selection) [Yes, No]

Do you think the period of lockdown has impacted your overall fitness on the bike?

(single selection) [My fitness has increased during this period, I have maintained my pre-lockdown fitness, My fitness has decreased during lockdown]

How does your current fitness compare to this period last year? (Fitness is deliberately vague to gauge how you feel rather than defining it from a specific metric such as FTP)

(single selection) [Fitter this year, Fitter last year, Similar levels of fitness]

Following the period of lockdown, will you make any permanent changes to your training?
(free text response)

Any other information/insights from training during lockdown you would like to share?
(free text response)