



Estimating Training Volume for Para-cycling

Annual training volume consists of the number of hours of training including cycling and non-cycling training. Determining the appropriate volume depends on many factors: current LTAD stage, previous years in sport and sport background, type of impairment, and severity of impairment. For example, athletes with less muscle mass (leg amputees, paraplegics using handcycles) usually do less volume than a cyclist using both legs. Athletes with more years in sport or experience in endurance sport may be able to do greater volume. The chart below is a guideline only. (Note: Tandem pilots should refer to the CCC LTAD guide for able-bodied athletes.)

