

INSCYD

What does it mean to become an INSCYDer

FTP



POWER

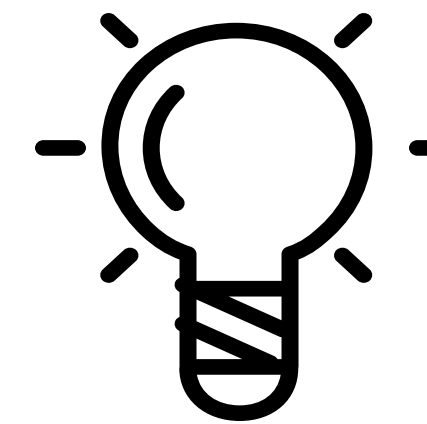
CONVENTIONAL ATHLETE

VS

INSCYD ATHLETE



"My coach gave me these workouts. We believe they will increase my FTP"



"My training & nutrition plans decreased my VLamax by 30% in 12 weeks.

This increased my FTP by 35 Watts."



MARATHON



TRAINING

CONVENTIONAL
ATHLETE

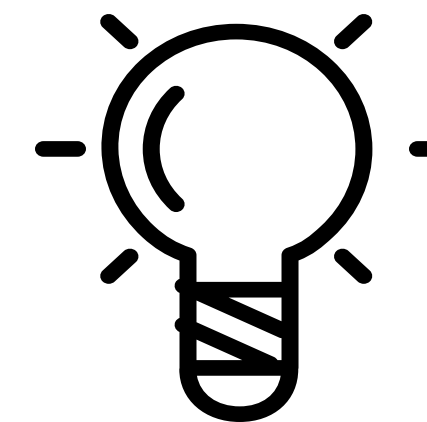
VS

INSCYD
ATHLETE



"I'll keep trying to
smash my PBs."

Finishing sub-4h must
be possible somehow"



"I decreased my O₂
demand at race pace."

This saved 20min off
my marathon time - a
new PB!"



RACE



FUELING

CONVENTIONAL ATHLETE

VS

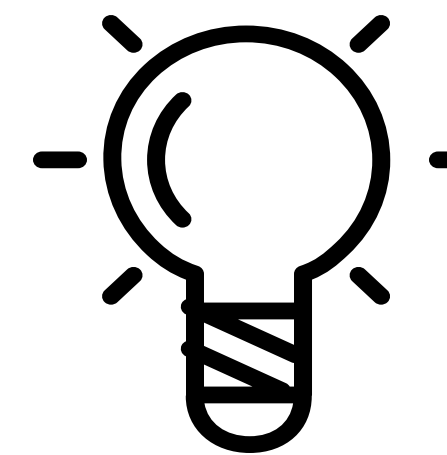
INSCYD ATHLETE



"I am getting better at not cracking or bonking and I manage my intensities and nutrition better."



Fingers crossed it works out next time. too"



"My coach provides me with an individual fueling strategy based on my unique attributes."



This allows me to exploit my full potential on race day."

VO2max TRAINING

CONVENTIONAL
ATHLETE

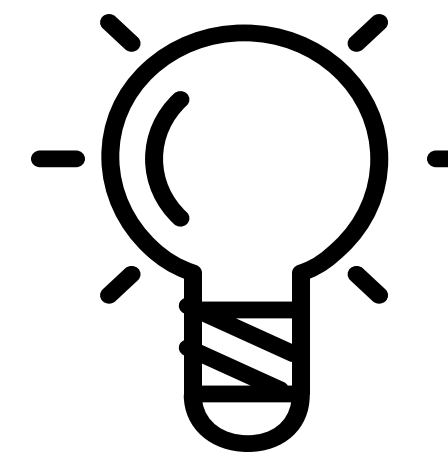
VS

INSCYD
ATHLETE



"I estimate the power for my interval training based on a formula from a textbook.

For the recovery time I use my best guess."



"I precisely know my VO2max power and exactly know how much lactate I accumulate. I know my time to exhaustion and my ability to recover.

My interval training is tailored to my personal physiology."

