

THE SUFFERFEST FOUR DIMENSIONAL POWER

THE MOST SPECIFIC TRAINING
APP IN THE WORLD



FUNCTIONAL THRESHOLD POWER (FTP) DOES NOT INDICATE AN ATHLETE'S FULL POTENTIAL.

FTP tells you how hard you can go for long efforts, but what about a...



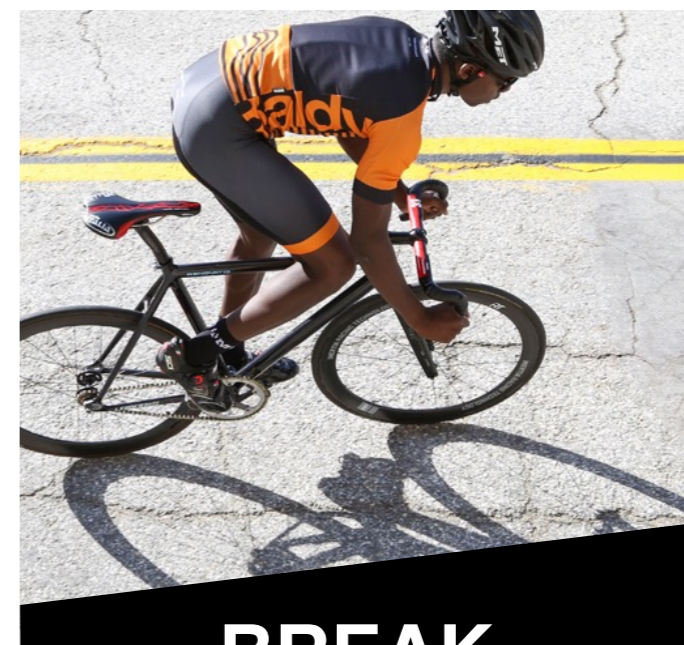
SPRINT?

5-15 seconds



KILO?

1 minute



BREAK AWAY?

3-6 minutes

FTP BASED WORKOUTS 'GUESS' AT WHAT AN ATHLETE IS CAPABLE OF ABOVE THRESHOLD.

FTP 250W

ABOVE FTP?

Maybe can SPRINT at 200% FTP?

Maybe can do a minute at 140% FTP?

Maybe can do 5min efforts at 125% FTP?

THE BEST COACHES DON'T GUESS - THEY BUILD COMPLETE POWER PROFILES FOR ATHLETES.



1

NM

Neuromuscular Power is pure sprinting ability.

1,150w

2

AC

Anaerobic Capacity is for short, sharp efforts.

462w

3

MAP

Maximal Aerobic Power is sustained power over a few minutes at VO2 max.

320w

4

FTP

Functional Threshold Power measures endurance fitness.

250w





COACHES THEN USE THESE FOUR METRICS TO DESIGN PRECISE & EFFECTIVE WORKOUTS.

SPEED WORKOUT FOR NEAL

Theme	Activity	Reference Metric	Intensity	Max Watts
Warm-up	Easy, progressive spinning	FTP	0.5	147w
Breakaway efforts	3 x 4:00 efforts	MAP	0.95	280w
Recovery	Easy spinning	FTP	0.5	147w
Sprints	5 x :10 sprints	NM	0.98	1176w
Recovery	Easy spinning	FTP	0.5	147w
On/Offs	:40 off, :20 on	AC	0.95	427w
Cool Down	Easy spinning	FTP	0.4	118w

ALL OTHER CYCLING TRAINING APPS BASE THE POWER TARGETS IN WORKOUTS ONLY ON FTP.

REFERENCE METRIC FOR WORKOUTS

	NMP	AC	MAP	FTP
	Neuromuscular	Anaerobic	Maximal aerobic	Functional threshold
	✗	✗	✗	✓
	✗	✗	✗	✓
	✗	✗	✗	✓
	✗	✗	✗	✓

RESULT: Workouts that aren't optimised because they have to **guess** what an athlete is capable of.

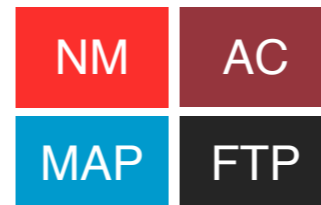
FOUR DIMENSIONAL POWER COMES TO THE SUFFERFEST APP.

4DP

A new methodology powering The Sufferfest Training System



A comprehensive fitness test to measure capabilities across a range of efforts



Complete 4DP rider profile representing the power types



Specific, personalised workouts based on a rider's 4DP profile for more effective training



THE 'FULL FRONTAL' FITNESS TEST REVEALS THE FULL POWER PROFILE OF AN ATHLETE.

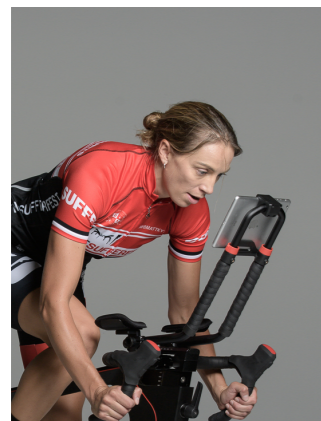
TRADITIONAL FTP TEST: ONE OUTPUT



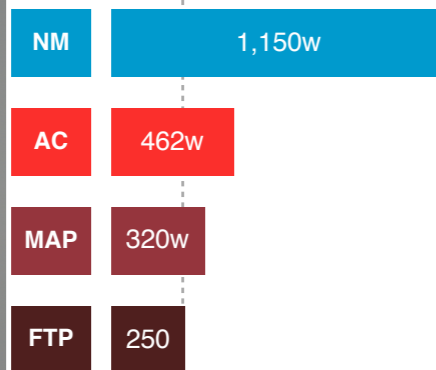
4DP TEST: FOUR OUTPUTS + RIDER TYPE



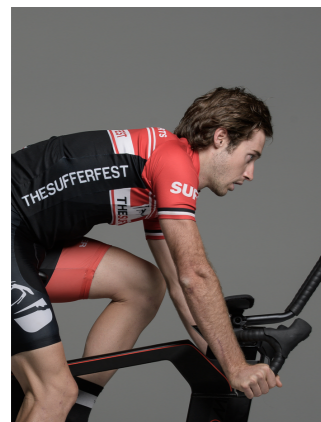
WITH 4DP, WE CAN SEE DIFFERENCES IN RIDERS THAT WERE NOT APPARENT WITH FTP ALONE



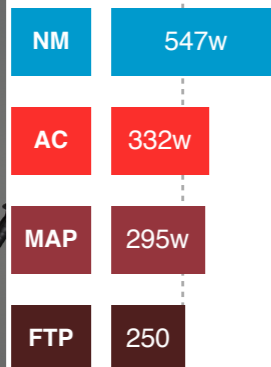
Rider A



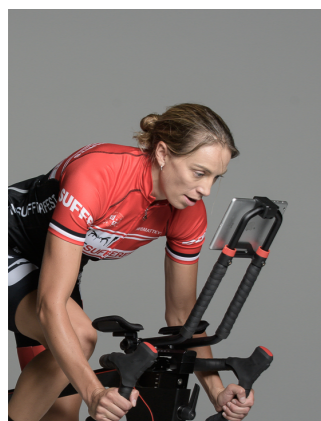
SAME FTP, BUT VERY DIFFERENT RIDERS



Rider B



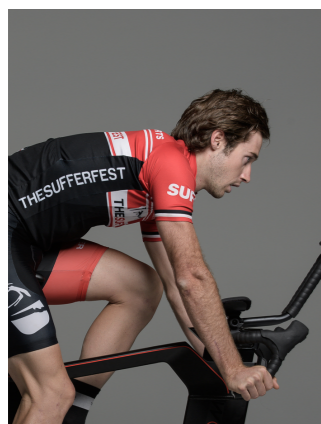
FTP-BASED WORKOUTS GIVE RIDERS WITH THE SAME FTP THE EXACT SAME TARGETS ACROSS ALL EFFORTS REGARDLESS OF THEIR TRUE ABILITY.



Rider A

NM	1,150w
AC	462w
MAP	320w
FTP	250

This workout feels too easy — the short efforts just aren't hard enough.



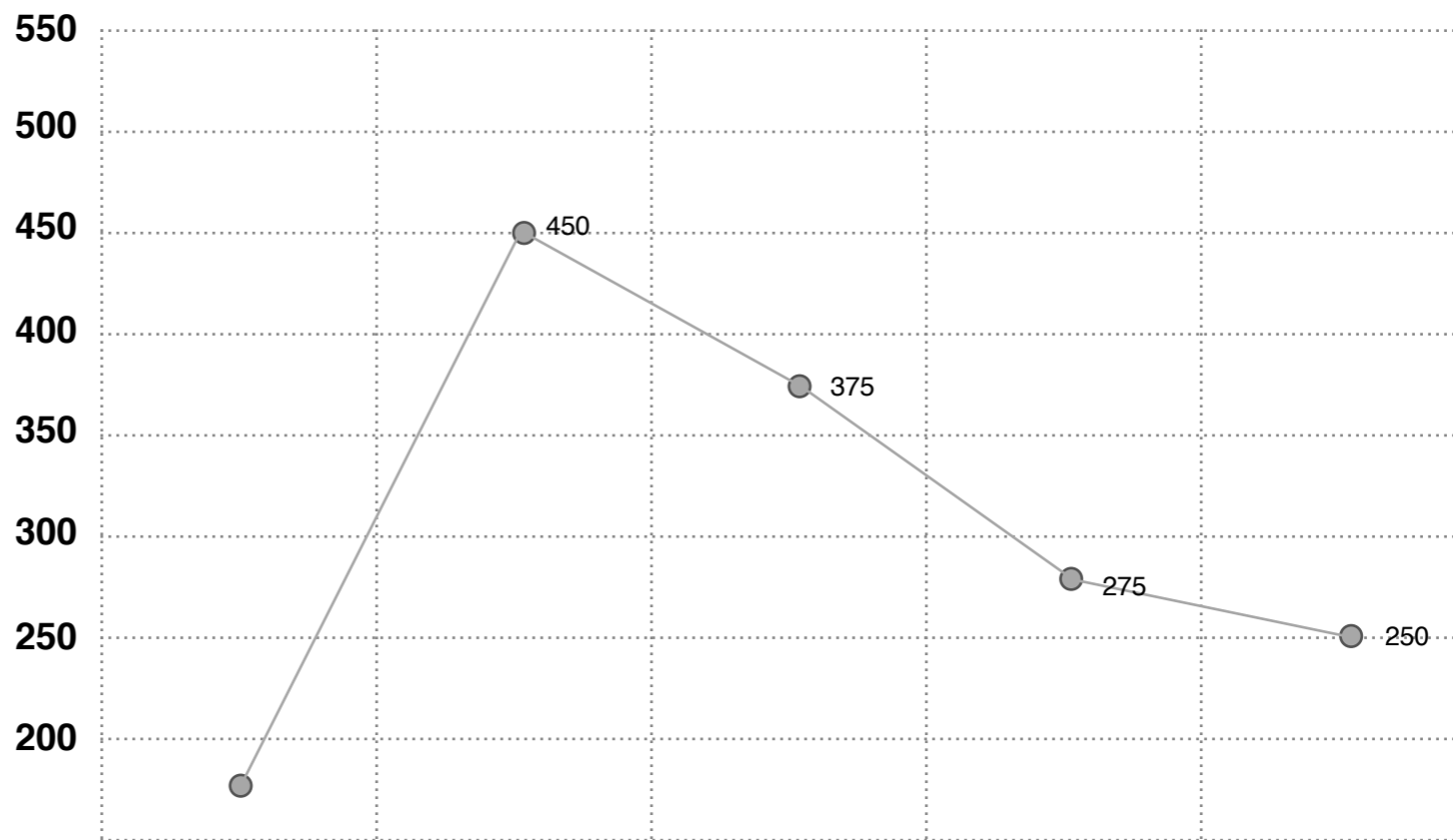
Rider B

NM	547w
AC	332w
MAP	295w
FTP	250

This workout feels way too hard — the shorter efforts are killing me.

● Rider A & B targets set by FTP alone.

TYPICAL TARGETS SET BY FTP BASED WORKOUT



Warm-up

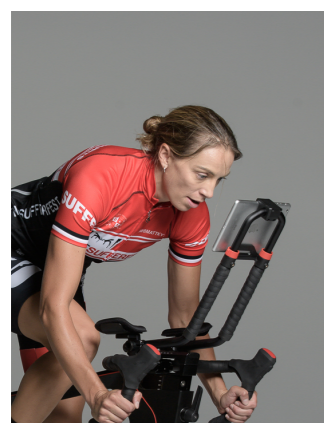
Sprint

1min

3-5min

Long, steady

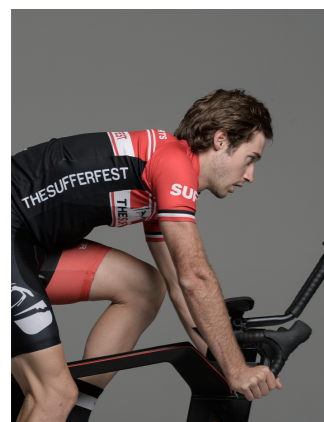
4DP WORKOUTS GIVE ATHLETES THE EXACT RIGHT TARGETS TO MATCH THEIR ABILITIES, RESULTING IN MORE EFFECTIVE WORKOUTS.



Rider A

NM	1,150w
AC	462w
MAP	320w
FTP	250

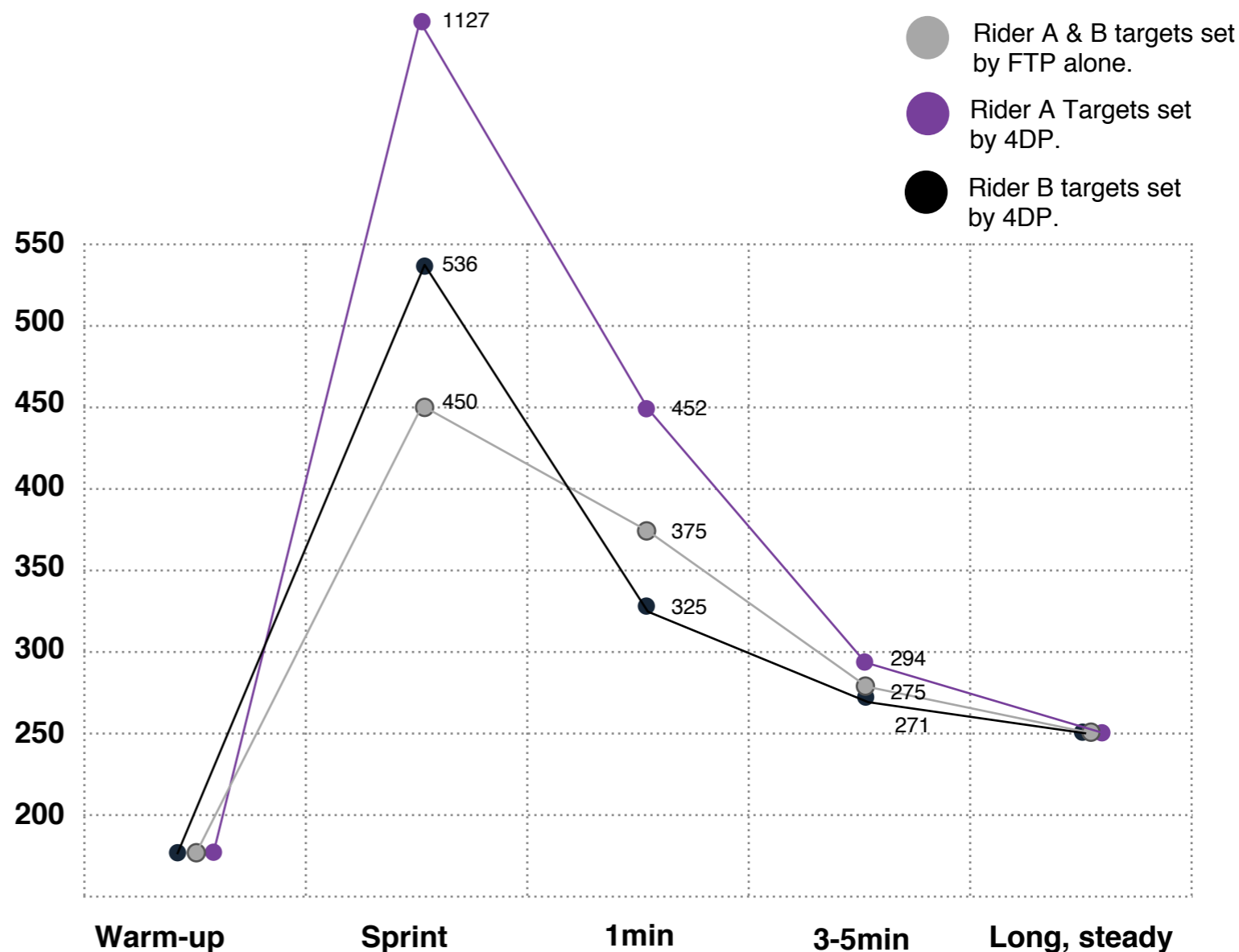
My workout is exactly right!



Rider B

NM	547w
AC	332w
MAP	295w
FTP	250

4DP SETS THE RIGHT TARGETS FOR THE ATHLETE



Both riders will find sprint targets in FTP based workouts too easy.

Rider A will find FTP based 1 minute efforts too easy and Rider B too difficult.

Rider A will find FTP based 5 minute efforts a bit too easy and Rider B a struggle.

4DP TELLS YOU WHAT KIND OF RIDER YOU ARE - HOW TO DEVELOP YOUR STRENGTHS AND IMPROVE YOUR WEAKNESSES



SPRINTER

When you hit the switch and unleash your devastating sprint, few can hold your wheel. Even when riding with others who would otherwise be an equal match, you can turn on the gas and get a gap with relative ease. But like any rocket, your range is limited. Save the fireworks for the grande finale.



ATTACKER

When it comes to short, maximal efforts you seem to have an endless supply of matches. You may not be able to sustain these all-out bursts, but your powers of recovery mean you can serve them up in rapid succession. You are relentless in your ability to deliver attack after blistering attack.



PURSUITER

If you have five minutes to give it everything, no one else has a chance. Though you may lack the kick of the true sprinter or the steady, diesel-like power of the breakaway specialist, you can put your head down and do serious damage on the track or shorter time trials.



TIME TRIALLIST

The pain train is leaving the station, and you're driving. When you take your turn on the front, you do overtime. Your ability to put down steady power, makes other riders wonder if you'll ever slow down. You may not have the snap to follow high-speed attacks, but if it's a long haul at a high speed, you'll deliver the goods.



ROULEUR

Is there anything you can't do? You are a master of all trades, a Swiss Army Knife of the peloton. The very definition of versatility, you deliver across a wide range of efforts and terrain. It takes a very specialized rider to best you, whether in a sprint, on a punchy climb, or in an all-day breakaway.



CLIMBER

When the road points up, that's when you get down to business. You seem to defy gravity, dancing up impossibly-steep climbs that leave everyone else begging for supplemental oxygen. When things flatten out, you need to seek shelter behind the biggest rider you can find. Leave the sprinting to the bodybuilders, the hills are your domain.

**4DP: THE MOST PRECISE, EFFECTIVE WAY TO TRAIN
AND ONLY AT THE SUFFERFEST.**



4DP



THE SUFFERFEST IS THE ONLY APP THAT DEVELOPS THE COMPLETE ATHLETE: BIKE // BODY // MIND.



42 Cycling workouts featuring pro footage, engaging storylines, and killer music.



Specific plans for road, CX, MTB and Triathlon.



Yoga for Cyclists series featuring 20 different 15 min sessions.



Unique 10-week program to build mental toughness.



Running and Tri videos.



The most advanced training system.



Smart trainer control and virtual power.



Sharing to social platforms.

Contact Info

- Reid Weber
reid@thesufferfest.com
@rweber
- thesufferfest.com
@thesufferfest