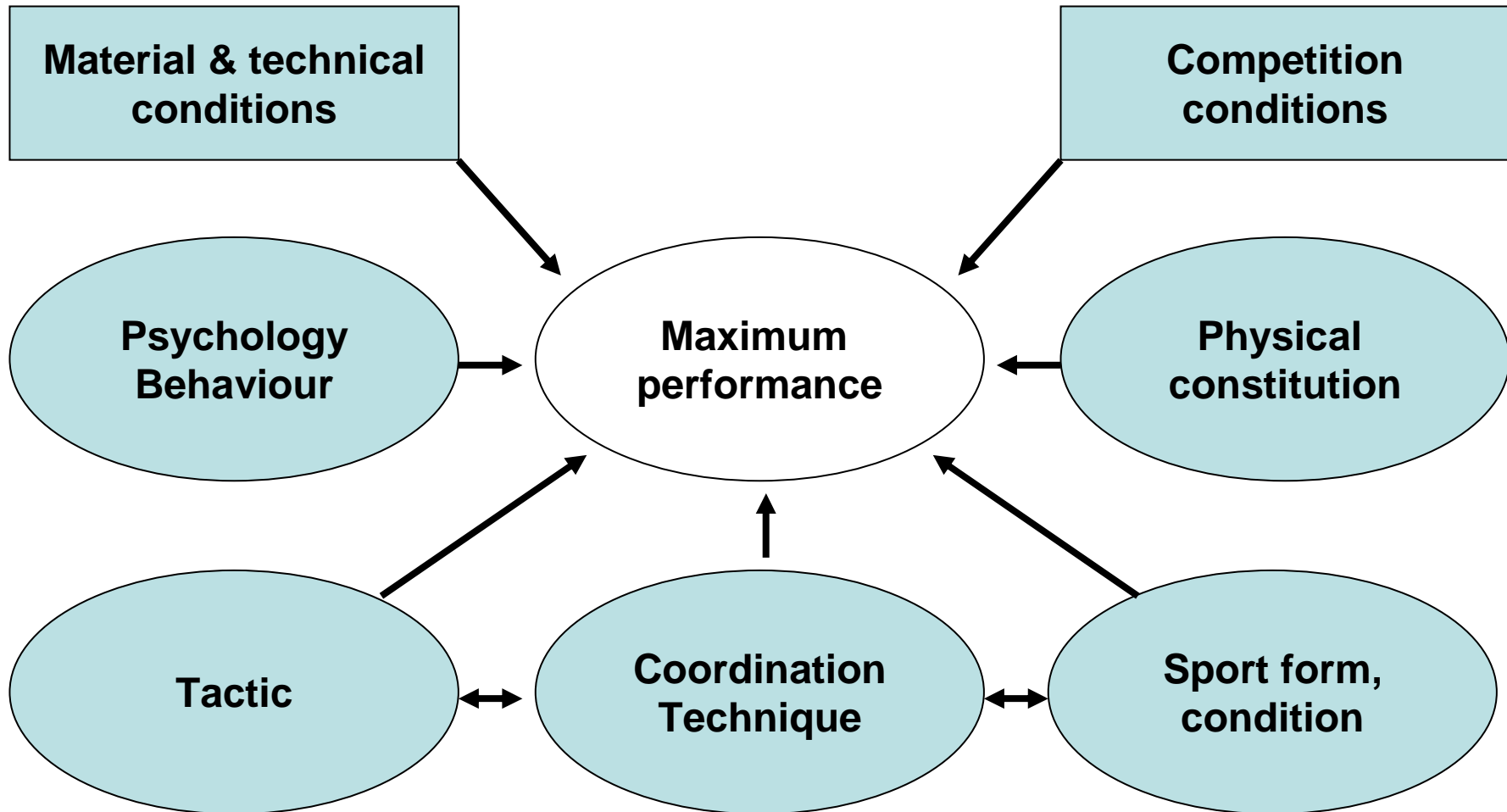


Graphic representation of the structure of performance



(Bauersfeld, Fundamentals of Track & Field, Sportverlag, 1979)

Speed cycling - 200m Time-trial: Structure of performance

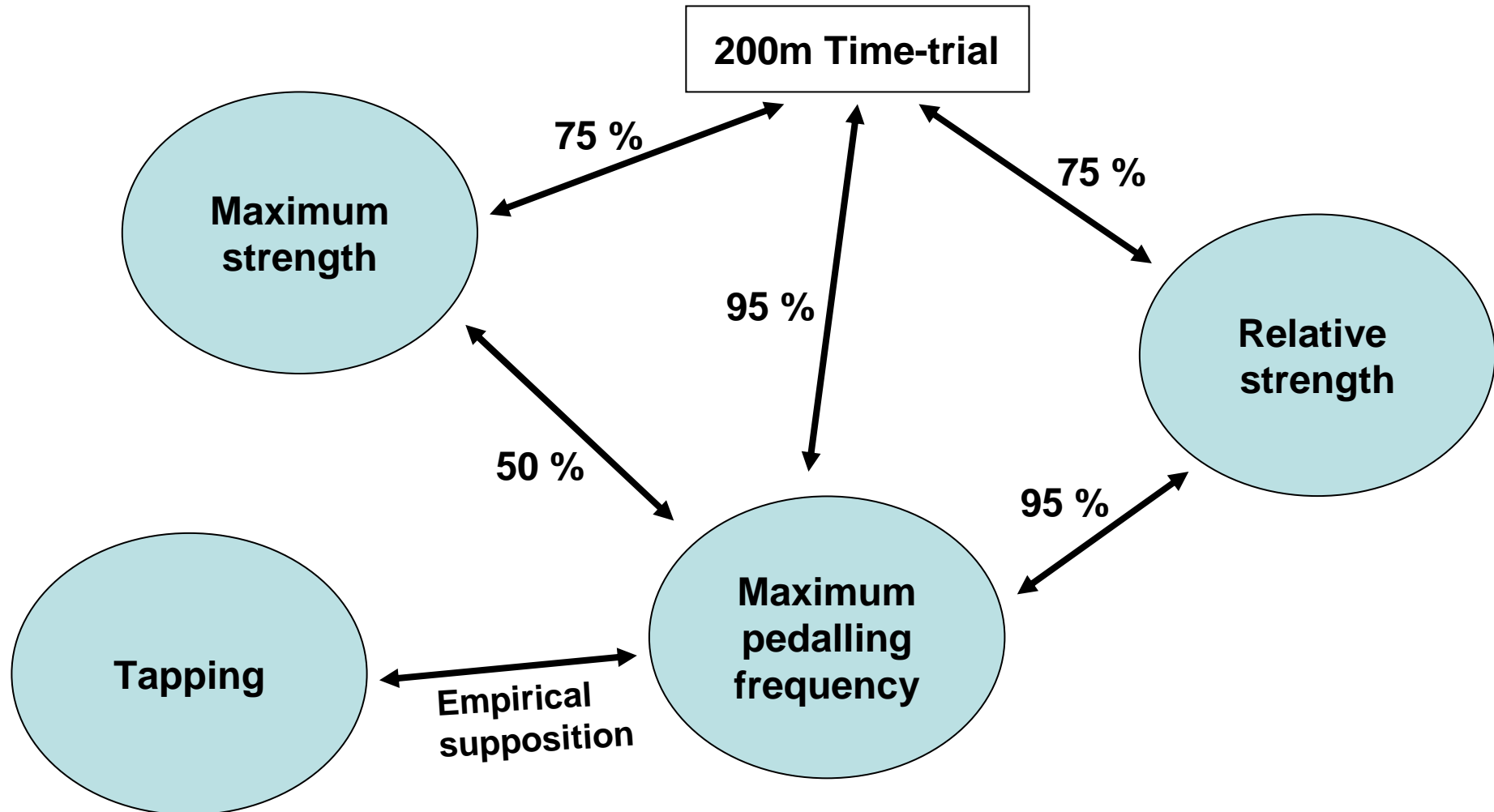
Basic condition requirements for performance				Technical skills
Max strength (Absolute/ Relative)	Speed- strength	Force-velocity output	Maximal pedalling frequency	Driving & Pedalling

Physiological and psychical requirements for performance		
Muscular	Neurophysiological	Psychic
<ul style="list-style-type: none"> ● Proportion of Glycolitic Fast Fibers ● ATP content ● Glycogen depot ● Ability for muscle relaxation 	<ul style="list-style-type: none"> ● Nerve condition velocity ● Impulse transfer velocity ● Mobility of the nervous process ● Recruitment ● Reaction velocity 	<ul style="list-style-type: none"> ● Willpower ● Mobilisation ability ● Focus ability ● Ability to supress oneself

Training / Fitness

(Schäbitz, Research on performance diagnostic for the track cycling GDR federation, 1987)

Speed cycling - 200m Time-trial: Statistical relationships between the basic condition requirements for performance



(Schäbitz, Research on performance diagnostic for the track cycling GDR federation, 1987)

Speed cycling - Ranking of the psychic characteristics according to their degree of expression

- **1 Willpower intensity**
- **2 Concentration, focus**
- **3 Self-control**
- **4 Ability to surpass oneself**
- **5 Reaction speed**
- **6 Determination**
- **7 Discernment**
- **7 Independence**
- **7 Psychic stability**
- **10 Virtual representation**
- **11 Observation**
- **12 Social adaptability**
- **13 Team work**
- **14 Risk taking**
- **15 Emotional sensibility**
- **15 Willpower endurance**

(Hennig, The personality of track speed cyclists, Leipzig, GDR 1967)