



Athlete	3-Nov-09		1-Dec-09						12-Jan-10						Overall Δ FTP	Overall Δ FTP %
	LTHR	FTP	LTHR	FTP	VO2max	VO2max Headroom	Nov - Dec Δ FTP	Nov - Dec Δ FTP %	LTHR	FTP	VO2max	VO2max Headroom	Dec - Jan Δ FTP	Dec - Jan Δ FTP %		
Liz	185	123	177	132	172	23%	9	8%	177	146	178	18%	14	10%	23	19%
Chris	170	225	169	236	272	13%	10	5%	172	243	290	16%	8	3%	18	8%
Meg	173	165	177	199	210	5%	34	21%	176	199	235	16%	0	0%	34	21%
Rob	186	243	X	254	300	15%	11	4%	180	265	305	13%	11	4%	22	9%
Tom	183	146	179	183	212	14%	37	25%	179	194	255	24%	11	6%	48	33%
Sue	173	136	168	163	188	13%	27	20%								
Pat	172	181							172	213	260	18%	32	18%	32	18%
James	172	198							166	204	257	21%	6	3%	6	3%
Ryan									152	237	330	28%				
Sara									173	160	210	24%				