



WINTER ASSESSMENT

£250

BASELINE REVIEW COVERING FTP, LACTATE, CDA & BIOMECHANICS

- Baseline athlete test and analysis covering FTP, Lactate, Biomechanics and CdA benchmarking.
- Identify areas of most potential and how to utilise the winter to take your race performance to the next level.
- Confirm Power Meter calibration and establish static versus moving training zone differential.
- Report will outline training zones and explain FTP and periodisation and provide a rough guide for future training.
- This is a great platform to embark on a new season development program.



STUDIO AEROFIT

£325

A FULL BIKE AEROFIT USING D2Z AEROTOOLS AND RETUL

- Full position make over in our studio using new D2Z aero analysis software / CdA prediction software, Retul and Dartfish.
- Advice on how your bike should be set up to be ridden in a sustainable position for power production and a good CdA.
- Session includes report with recommendations and changes made to the bike (ski poles, etc) to make the bike fit the rider.



WIND TUNNEL

from £799

WIND TUNNEL SESSIONS AT
SILVERSTONE SPORTS ENGINEERING
HUB AVAILABLE LATE FEBRUARY 2019

bookings taken now

2018 D2Z STUDIO WINTER PACKAGES



MECHANIC SERVICE

Clients coming for aerofits or windtunnel tests can pre book a slot for any new parts to be fitted to their bike and then they can either collect it or we can arrange to send it back on a next day courier.



BLOOD LACTATE TESTING

Lactate only testing is also available with Aerofit and Wind Tunnel bookings. Please contact us for price.



MULTI SESSION DISCOUNT

£50 OFF AEROFIT session and £100 OFF WIND TUNNEL session for clients who attend a full price Winter Assessment.