

# VELOCITY+

= *Dynamic Positional Enhancement for Cycling*



Olympic Physiotherapist, Damian Oldmeadow has combined with Coaching consultant and professional Duathlete, Raf Baugh to develop the world exclusive **VELOCITY+** dynamic positional enhancement for triathletes and cyclists of all ages and abilities.

Research confirms that the greatest restriction to increasing average cycling velocity is frontal drag. However, these aerodynamic gains can be made at the expense of mechanical efficiency and power production with an overall negative result if an individual athlete's characteristics are not considered. Aerodynamic efficiency in the time trial position can improve times significantly for athletes of all levels which in turn, helps ensure that the many hours training and preparing for events correlates with optimal racing outcomes.

A single bike fit intervention is a static reflection of the athlete. Following assessment and with an appropriate intervention to improve strength, joint range of motion and flexibility in the specifically identified areas of restriction, an athlete can subsequently adopt a new, more aggressive and efficient position, which will result in optimal performance.

**VELOCITY+** Dynamic Positional Enhancement is available exclusively at The Running Centre at 1273 Hay Street, West Perth.

The **VELOCITY+** enhancement protocol involves 5 separate intervention sessions:

- **Day 1-** 1 hour Initial biomechanical assessment and bike fit + individual exercise prescription
- **Week 1-** 30 minute exercise progression
- **Week 3-** 30 minute bike fit review and exercise progression
- **Week 6-** 30 minute exercise progression
- **Week 10-** 30 minute final bike fit and exercise programme

Each **VELOCITY+** session is billed separately and private health rebates are applicable. Clients are required to bring suitable clothing for testing and measurement to each session plus a water bottle and towel. Bikes are required for sessions 1, 3 and 5

**Appointments: 93242707**

**All Enquiries: [raf@therunningcentre.com.au](mailto:raf@therunningcentre.com.au)**

***Damian Oldmeadow** has worked at numerous Olympic Games and has been a trusted Physiotherapist to some of the world's top athletes, including 4x Olympic Cycling Gold Medallist Sir Chris Hoy, 3x World Triathlon Champion, Peter Robertson, and Perth's own current World Junior Time Trial Champion Jessica Allen. His interest and passion for cycling and bike fitting has seen him actively working with cyclists, triathletes and mountain bike riders of all levels for over 15 years.*

***Raf Baugh** is a former world # 3 duathlete and WA's highest ever ITU ranked male multi-sport athlete. He is a qualified physiotherapist and an expert consultant in running and multi-sport performance for all level of athletes from beginner to Olympians. His consultancy includes personal training plans, goal setting and strategic planning, corporate and group training and corporate speaking. The need for a progressive approach to enhancing athletes' bike position helped lead to the concept of the dynamic intervention.*