

i-trenink.com company profile

Introduction

The **i-trenink.com** company, active in the field of cycling, provides services ranging from consultancy and individual professional management of the training process right through to development and sale of the unique expert system **Inza Performance Cycling Software** for analysis of training data from wattmeters for cycling. Despite its short history (established in the autumn of 2009), the company has established its position on the Czech market thanks to regular publishing of professional articles on the leading cycling server **RoadCycling.cz** and successful presentation at cycling races through its own **i-trenink cycling team** with the main person featured being **Zdeněk Bartoš (Czech Masters Extra League Champion and runner-up in the European Masters Championship 2010)**.

Besides its dominant position on Czech market, the company also intends to expand onto international markets. This expansion has already been commenced thanks to the contract on utilisation of the **Inza Software** for evaluation of cycling training data and training process management concluded with a leading Polish and international professional MTB team, **JBG2 MTB UCI Team**, featuring **Marek Galinski (Polish Champion and 13th at the Olympic games in Beijing in the men's cross-country event)** or **Anna Szafranec** from 2009 to 2010 (**runner-up in the World Championships and Polish Champion in Cross Country**). Furthermore, cooperation has been established with a top diagnostics centre, **Centrum Diagnostyki Sportowej Diagnostix Wisla**, which also utilises the methodology of **field mobile spiroergometry** for measuring breathing gas measurement under standard training conditions of the given individual (Czech centres only provide this method under laboratory conditions).

Furthermore, negotiations have been commenced with leading global professional road teams (**Pro Tour Teams**) on possible cooperation on utilisation of Inza Software in the upcoming seasons. For example, after the Tour de France 2011, this software will be tested by **Sky Pro Cycling**, in which the **double Olympic champion of the Beijing games Bradley Wigins** races.

Coaching services

Thanks to the **experienced coaches, Zdeněk Bartoš (Czech Masters Extra League Champion and runner-up in the European Masters Championship 2010)** and **Tomáš Tichý (several podium positions in the Czech Republic)**, the company provides coaching services ranging from definition of training pulse rate zones and watt zones and evaluation of training telemetry from cycling wattmeters in the Inza Software right through to a completely individual professional approach towards individual clients within the scope of the cycling training program purchased.

The coaches achieved a significant improvement of several clients' results in Czech cycling races during the first 2010 season owing to their more than 10 years of training and racing experience. A much more significant success compared to what was achieved by Czech competitors with a much longer company history! Besides the "actual coaching itself", the company specialises in the aforementioned evaluation of training data for the purpose of definition of training zones and subsequent management of the training process and professional management of the proper diet itself. **For more information** about the successful coaches, please refer to the [Coaches](#)

section, for more information about the success stories of the company's individual clients, refer to the [Reference](#) section.

Inza Performance Cycling Software

What makes the system unique in comparison to competition products is **the unique protected analyses** which above all evaluate the long-term development of the changing ratio between pulse rate and watt performance. Thanks to statistical methods evaluating the development of this ratio, the software provides information about the development of variables such as performance, fitness and physical overexertion of the given individual which constitute the cornerstones for modelling and management of the training process. The author, Tomáš Tichý, connected the early stage of the software development with his diploma thesis at the University of Hradec Králové and ranked 2nd in the **Diploma thesis of the year 2009 contest within the framework of the whole Czech Republic.**

Apart from leading Czech professional cyclists such as **Rostislav Krotký from AC Sparta Praha Cycling UCI Continental Team** (more in the [Reference](#) section), a leading Polish professional MTB team **JBG2 MTB UCI Team**, featuring - among others - **Marek Galinski (Polish Champion and 13th at the Olympic games in Beijing in the men's cross-country event)**, has started using the software. The JBG2 team used TrainingPeaks WKO (the current industry leading desktop analysis cycling software) in previous seasons.

The aim is to make the most of the uniqueness and potential of this product by starting cooperation with leading global professional teams which for example win legs in the Tour de France, and extend sales among amateur performance cyclists worldwide.