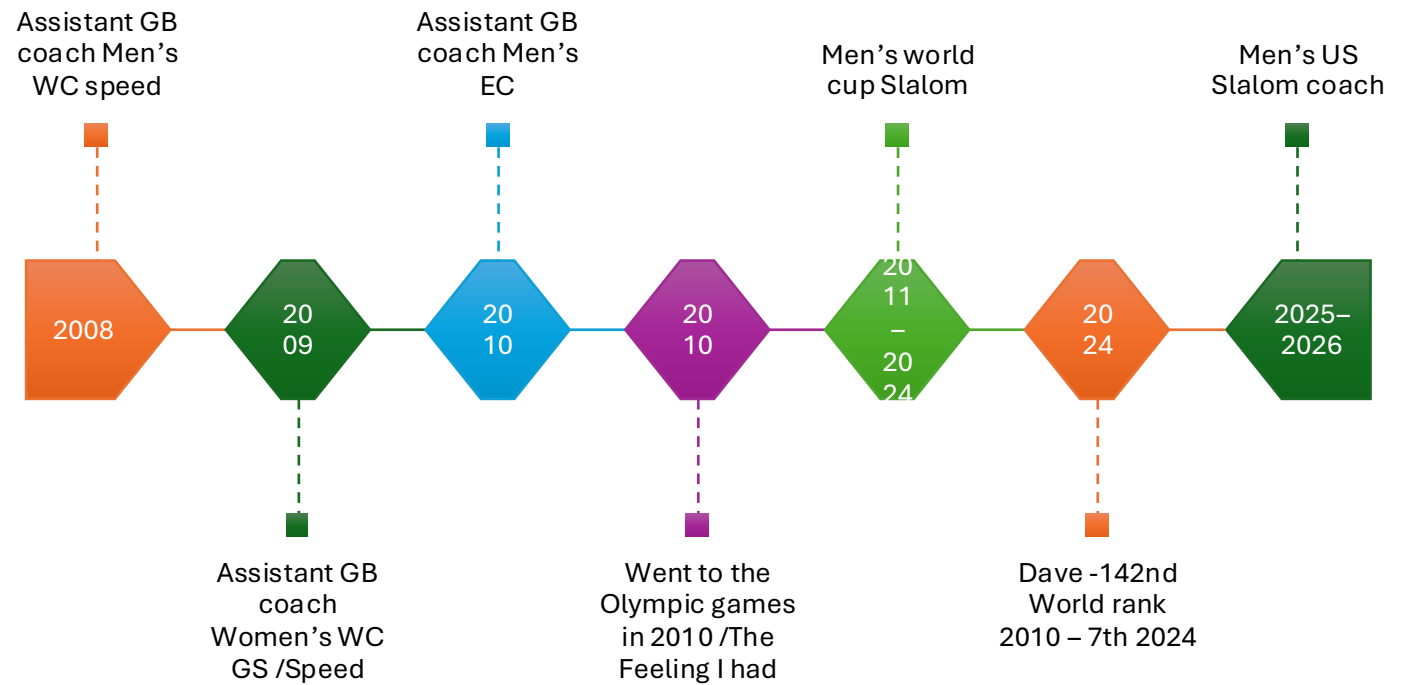


# What Shaped my Approach to Programming

## Focus on 2011-2016

### Main years of growth



# Core Values for the Ski Session

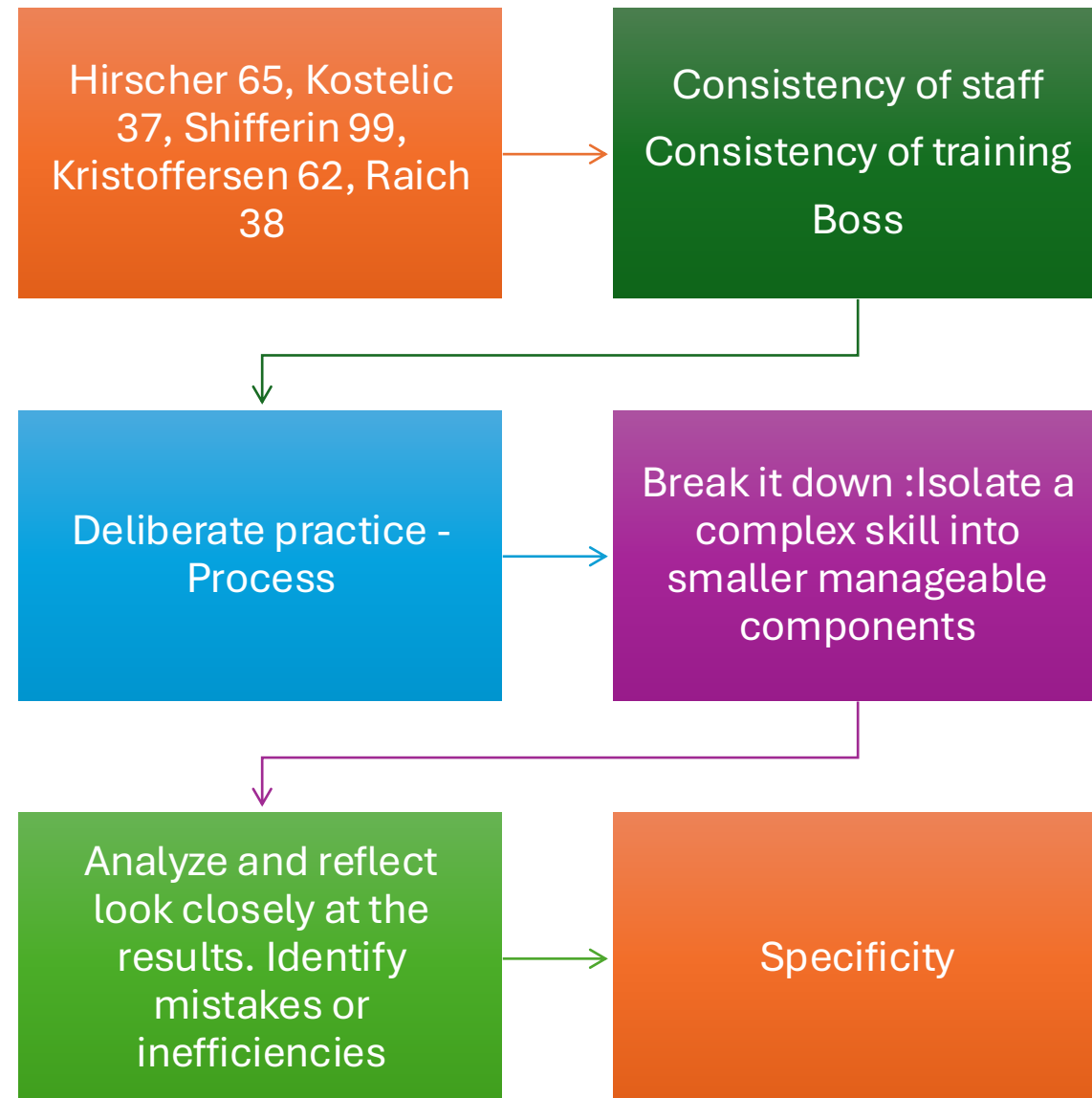
Engaged

Competitive

Finish the  
course

Dictate Behavior and Action

# How I build. the Program: Consistency


















# How I build the Program: Curiosity – Find your way

10:18 📶 🔋

← **RACE RESULTS** ⓘ

Overall Power 570-725 Score ▾

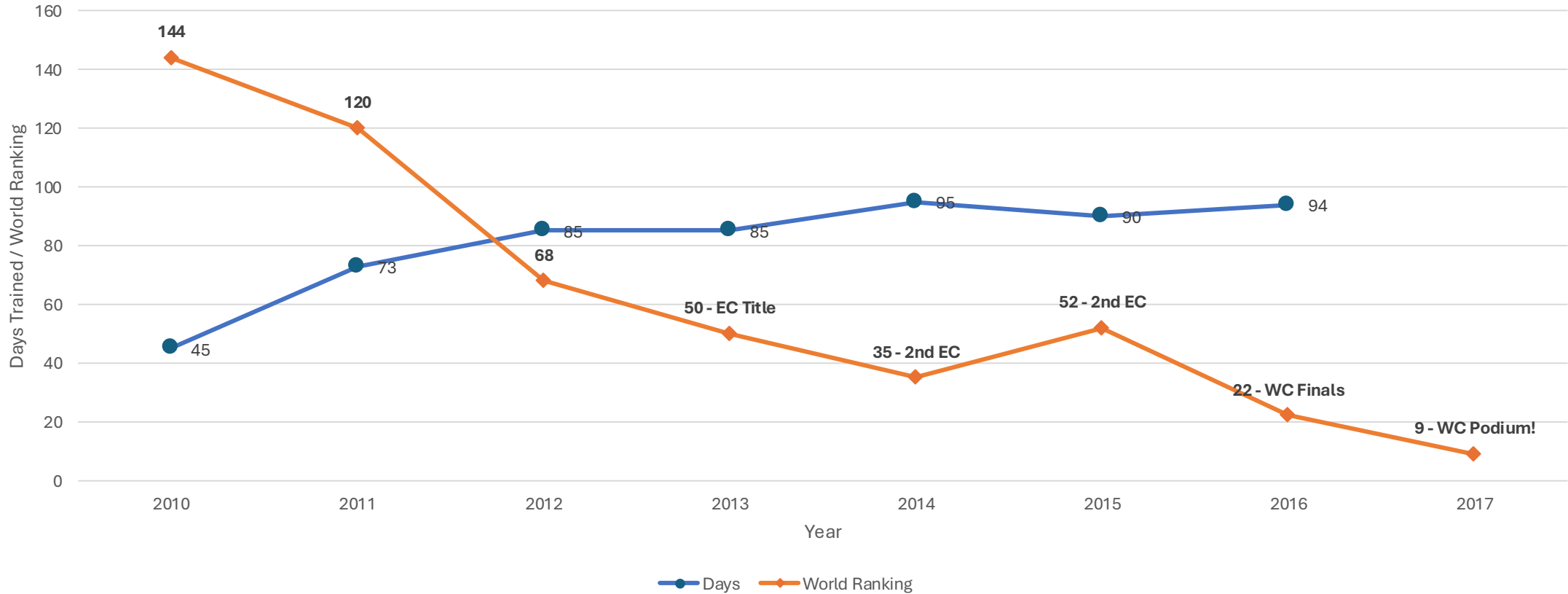
Finish	Name Avg HR	Time Gap	Watts w/kg	Score Change
1	 D. Ryding 155 bpm	32:28	284 3.6	541 ↑ 12
2	 B. Ritchie 160 bpm	32:28 +0.12	348 3.9	664 ↑ 11
3	 T. Fat Cyclist 156 bpm	32:28 +0.37	298 3.2	587 ↑ 10
4	 L. Haslund 142 bpm	32:28 +0.42	311 3.5	716 ↑ 6
5	 A. Eriksson (RDZ) 152 bpm	32:28 +0.61	331 3.5	677 ↑ 5
6	 B. Gibbs (VCV) 153 bpm	32:28 +0.64	298 3.6	677 ↑ 6
7	 M. Thorpe 167 bpm	32:28 +0.69	234 4.1	710 ↑ 5
8	 T. Glasse-Davies 0 bpm	32:29 +0.90	283 3.9	484 ↑ 8
9	 L. 주스타[SEVENHILLS] 162 bpm	32:29 +0.93	321 4.6	550 ↑ 7
10	 P. 50[ODIL] 165 bpm	32:29 +1.06	279 4.0	714 ↑ 4
11	 S. Brinkmann 156 bpm	32:29 +1.19	300 3.8	656 ↑ 2
12	 k. matsubara 148 bpm	32:29 +1.27	262 3.9	695 ↑ 1
13	 J. Story 149 bpm	32:29 +1.30	295 3.5	693 ↑ 2
14	 D. Buitendijk 159 bpm	32:29 +1.36	269 3.6	661 ↑ 3
15	 B. Jespersen	32:29	308	615

🏠 HOME 🏁 EVENTS + MY LIST 🛡️ CLUBS ⋮ MORE

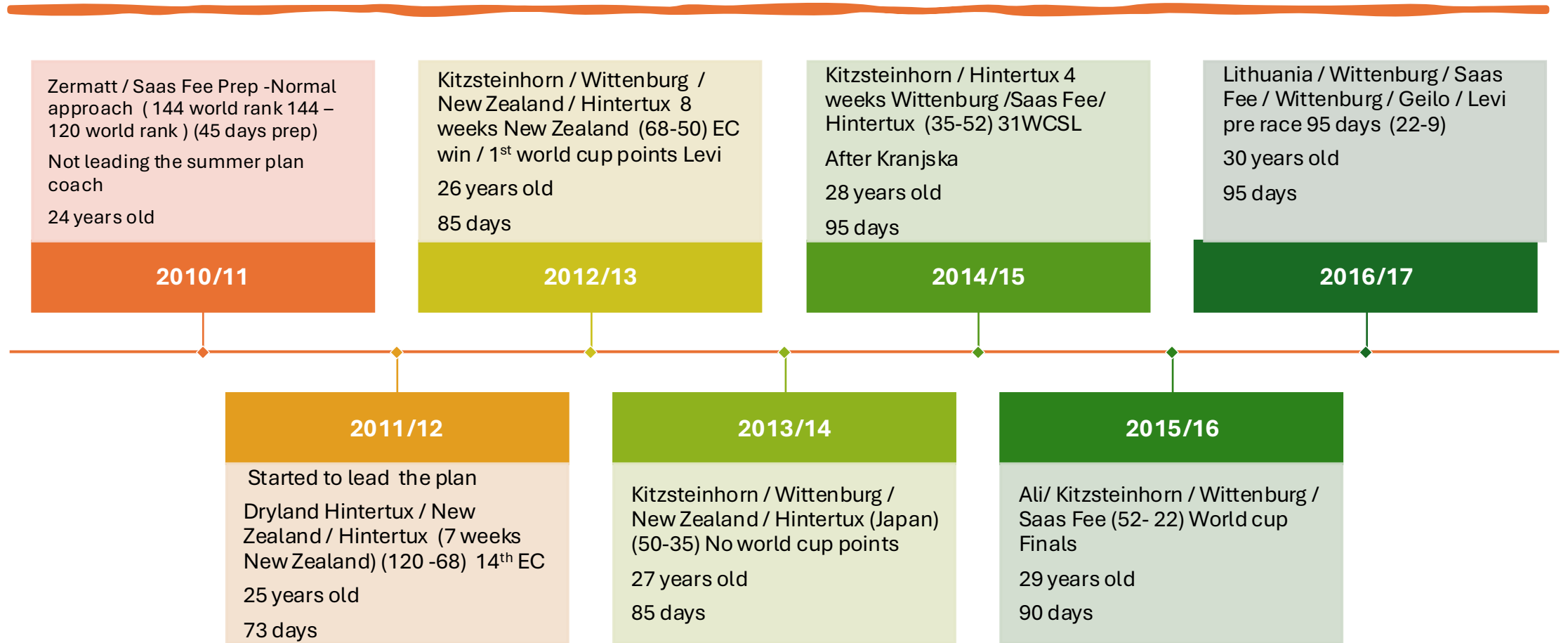
- Main influences in my coaching
- Drives process – work through the levels FIS/EC/WC

# The Journey

Dave Ryding SL Progression with Key Milestones



# Changes in Prep Period from 2011-2016: Maximize your Money!



Geilo Video / Dave – Henrik

# Breakthrough Video

# Making the Move from Bib 45+

- The numbers behind the move
- The strategy used
- -72 days pre 1<sup>st</sup> race
- Peer / Saas Fee
- Key markers and indicators

2023WCSL			2024WCSL			2025WCSL			
	Kristoffersen			Feller		Meillard			
	Braathen			Strasser		Kristoffersen			
	Zenhaeusern			Haugan		Haugan			
	Yule			Meillard		Noel			
	Feller			Noel		Mcgrath			
	Noel			Kristoffersen		Braathen	Starting 33		
	Meillard			Yule		Gstrein			
	strasser			Ryding		Strasser			
	Steen	starting 43		Rochat		Nef			
	Schwarz			Jakobsen		Feller			
	Haugan			Mcgrath		Ameiz			
	Vinater			Gstrein		Kolega			
	Mcgrath			Strolz	Satring 30	Ryding			
	Sala			Ameiz	Starting 46	Popov			
	Ryding			Schwarz		Yule			
	Gstrein			Raschner	Starting 50	Jakobsen			
	Popov			Sala		Ritchie	Starting 48		
	Pinturault			Vinatzer		Vinatzer			
	Ginnis	Starting 49		Aerni		Muffat			
	Rochat	Starting 30		Kolega		Raschner			
	Pertl			Matt		Zubcic			
	Jakobsen			Steen		Marchant			
	Solevaag			Ginnis		Rassat	Starting 45		
	Holzmann	Starting 36		Popov		Strolz			
	Zubcic			Holzmann		Matt			
	Gross	Starting 37		Rodes	Starting 36	Steen			
	Kolega			Zenhaeusern		Pertl	Starting 37		
	Aerni			Zubcic		Schwarz			
	Matt			Nef	Starting 42	Hallberg	Starting 40		
	Read			Marchant	Starting 38	Aerni			

30 percent of the top 30 are ranked in both slalom and giant slalom on average

On average 9 out of 30 athletes are ranked in the top 30

Podiums adjusted for pre 2006 performances										Podiums	
NOR	MCGARTH 17	HAUGEN 11	KRISTOFFERSEN 62	SOLBERG 0	STEEN 1	SVINDAL 0	BRAATHEN 14	HAUGEN LIEF 0	8	92	
SUI	MEILLARD 15	AERNI 1	ALBRECHT 1	BERTHOD 1					4	18	
CRO	KOSTELIC 26	ZUBCIC 1							2	27	
USA	CHODOUNSKY 0	MILLER 1	LIGETY 6						3	7	
AUT	SCHWARZ 14	FELLER 21	HIRSCHER 65	RAICH 15	SCHOENFELDER 0	MATT 25			6	140	
FRA	PINTURAUULT 12	MUFFET 7	MISSILLIER 1	GRANGE 15					4	35	
ITA	VINATZER 3	MOELEGG 15	NANI 0	ROCCA 7					4	25	
SWE	LARSSON 3	MYHRER 21							2	24	
CAN	GRANDI 1	READ 0							2	1	
GER	DOPFER 5	NEUREUTHER 37							1	42	
FIN	PALANDER 5								1	5	
CZE	BANK 0								1		
SLO	HADALIN 0								1		
									39	416	

Total podiums 06-26 from 227 races

681

From athletes ranked in both WCSL SL AND GS

416 61 Percent

# 2019 WCSL

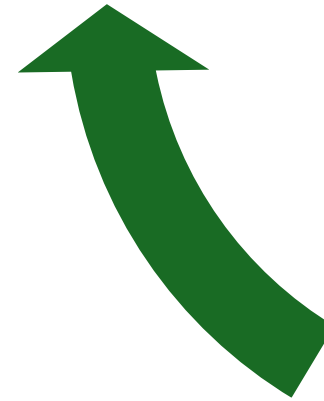
Ranking	Name	Split 1 Avg	Split 2 Avg	Split 3 Avg	Finish Avg	Finish rate	Start list points	DNQ
1	Marcel Hirscher	7.1	6.8	6.5	5.8	90.9	818	
2	Clement Noel	12.85	9.8	9	9.2	90.9	540	
3	Henrik Kristoffersen	7.2	8.1	7.25	7.4	81.81	502	
4	Daniel Yule	11.9	11.8	9.4	10.2	90.9	469	
5	Alexis Pinturault	8.95	9.25	9.77	9.45	90.9	441	
6	Ramon Zenhausern	9.1	8.5	10.58	10.3	72.72	406	1DNQ
7	Manuel Feller	11.7	8.8	9.5	8	63.63	389	
8	Micheal Matt	9.2	11.05	10.77	12.29	81.81	313	1DNQ
9	Marco Schwarz	9.4	8.4	12.26	8.3	87.5	311	
10	Dave Ryding	10	12.1	12.05	14	90.9	254	

What  
would I  
change?

More open  
conversation  
around  
doing less



Changing  
equipment



Taking away  
his strengths

