

## Cycling Time Trials and the Compex Sport EMS

Course Record	Miles	Time	Date	Difference
<b>Boyer Mountain</b> perimeter, 6:14 (set 5-12-2001)	86	5:33	5-3-2003	41 minutes faster
<b>Blanchard Pass</b> mountain climb, 1:01:25 (set 4-15-2003; first year)	16	1:01:16	5-6-2003	9 seconds faster (first half)
<b>Blanchard Pass</b> mountain climb, round trip, 1:50:07 (set 4-15-2003; first year)	32	1:50:31	5-6-2003	24 seconds slower (second half)
<b>Cook's Mountain</b> , 4:42:00 (set 8-4-2001)	80	4:25:03	5-10-2003	16 min., 55 sec. faster
<b>Bare Mountain</b> , 3:22:02 (set 6-6-2001)	53	3:03:18	5-19-2003	18 min., 44 sec. faster
<b>Chewelah Mountain</b> , 9:56:23 (set 7-8-2000)	154	8:59:25	5-24-2003	56 min., 58 sec. faster
<b>Lane Mountain</b> , 5:48:40 (set 6-17-2000)	89	5:21:15	6-1-2003	27 min., 25 sec. faster

The Compex Sport Electrical Muscle Stimulator reduced the rate of recovery (normally requiring a minimum of 21 to maximum of 52 days) to less than 7 days in a 63-year-old male endurance cyclist as indicated by 8 performance bests recorded in 9 time-trial tests (7 are shown above) within a 39-day period. Muscle recovery, after training or competition, was remarkably improved by the increased blood flow dynamics and accelerated removal of exercise-induced lactate blood concentrations. This protocol hastened recovery quality and conclusively contributed to personal-best cycling time-trial performance in this subject in the absence of any other known performance-enhancing intervention. Further research with appropriate controls, placebos, and double-blind crossover protocols are necessary to confirm that this intervention rapidly enhances recovery, resulting in optimal time-trial cycling performance.