



George's Epic Adventures

it's about suffering and getting it done!

CVAC Sessions are working!

Posted on [July 11, 2012](#)

Just a quick post to update you on my progress. I have been back at CVAC for one month and it's starting to pay off. I restarted my sessions on June 11, 2012. I went out for a ride last Sunday July 7, 2012. I had been off the bike for two weeks because of a bad infection. I pushed a little on a couple of the hills and even along Pacific Coast Highway when I caught up with a fast three-man peline. I am happy to report that I didn't have my typical coughing spasm related to the recovery period after a hard effort.

Wall Street Journal article on CVAC Systems

Posted on [August 29, 2011](#)

I was interviewed by the Wall Street Journal last week about my personal experiences with CVAC sessions and the POD. I have noticed that my exercise-induced asthma has gone away and some performance gains. I have documented them in previous posts. Just use the "CVAC Sessions" label to filter those posts out. I was mentioned in the Wall Street Journal article that came out today in both the online and in print versions. It was very brief but hey how many of you can say you have been mentioned in the Wall Street Journal ;)



Newport Coast Personal Records Comparison

Posted on [July 2, 2011](#)

What follows is a graphical comparison of my personal records on Newport Coast Dr. It should be self-explanatory but feel free to make comments on this blog post to open a discussion. I will tell you that I strongly believe that the CVAC sessions in Newport Beach have made an improvement in my training and subsequent field tests.

	04/22/11	05/31/11	06/28/11	Difference between 4/22 to 6/28
Time	7:21	6:50	6:43	8.6%
Normalized Power	288w	321w	348w	20.8%
Max Power	405w	423w	456w	12.6%
Watts per Kg	4.3	4.8	5.1	18.1%
Average Cadence Rpm	85 rpm	82 rpm	77 rpm	N/A
Average Speed Mph	12.6	13.6	14	11.1%
Average Heart Rate Bpm	171	171	177	3.5%
Max Heart Rate Bpm	182	181	192	5.5%
Crank Torque lb-in	291	332	382	31.3%
Max Torque lb-in	456	450	528	15.8%
Work in kj	127	131	138	8.7%
Intensity Factor	1.05	1.12	1.22	16.2%
Temperature Fahrenheit	65.5	62.6	66.2	N/A

New Personal Record on Newport Coast – (6:43 Normalized Power 348 watts 5.11 w/kg)

Posted on [June 28, 2011](#)

Yep folks another PR today. I took 7 seconds off my previous PR of 6:50 from May 31, 2011. Today I climbed Newport Coast with a time of 6:43. My gearing was 53 x 24, with 53 x 21 when I stood up. I stood up twice towards the end of the effort. For years I have been climbing this hill month after month and never have I had such significant gains in performance.

I am now certain the CVAC sessions are paying off. I owe a huge thank you to my good friends at Lunar Health and Wellness in Newport Beach. Not only has my performance improved but the exercise-induced asthma has disappeared!! My heart rate reached 192 bpm on this effort. In the past when I would come off of a hard effort like this I would cough uncontrollably for several minutes afterwards. I didn't cough at all today! Additionally, my sleep is REALLY deep. I can't explain it but it's very different.

2011 Breathless Agony Ride Report

Posted on [May 13, 2011](#)

2003 Death Valley Double Century Southern Route I finished 14th, 14:42

I had only been back on the bike 8 weeks after two years completely off the bike when I did the Grand Tour Highland Triple. In 2001, I had sustained injuries when I crashed on my bike. I broke my left hand and jammed my neck as I pile-driven myself — headfirst at over 30 mph. My neck has never been the same and hurts like hell when I ride my Ultras. Dealing with that pain takes my mind off of the other things that hurt while riding ;) By the way, before that crash and subsequent two year hiatus off the bike, I had never ridden more than 125 miles ever!!

In the winter of 2003, I called on John Howard to help me with the essentials – like BIKE FIT! Duh! He set me up very comfortably and powerfully according to the Compu-Trainer. He then gave me a hand-out with stretches but also demonstrated the proper way to perform them. We then had a discussion on nutrition which is a very

important element of Ultra Cycling. After the official business concluded we talked about his achievements and my dreams. I was so inspired I couldn't wait for the 2004 season to start.

My relationship with John has continued through the years as I have called on him for advice from time to time. In 2007, his facility along with John Martinez sponsored my two-person Race Across America team. Here's an interesting little story. One day in 2009, on the Wednesday Camp Pendleton ride we were at Starbucks in Carlsbad getting ready to roll off. John showed up and he greeted me by saying "Hey Mr Ultra". I looked at him and said, "John if anyone is Mr Ultra it would be you!"

Well now our paths cross again. He is a strong proponent of CVAC sessions... John has written about his experience with CVAC and his success at El Tour de Tucson as a 63 year-old. I have recently stated taking CVAC sessions. I was initially interested in the performance gains I may obtain. But I also learned that my exercise induced asthma and sleeping issues might also be helped by CVAC sessions.

Although I have just started taking CVAC sessions I may be receiving performance gains. I have PR'd a local hill climb in Newport Beach, Newport Coast Drive by 19 seconds! And now at Breathless Agony I PR by 16 minutes! I'm training a whole lot less because of my work schedule so something's going on. Let's wait and see how the rest of the season plays out. Meanwhile wish to thank the good folks over at Lunar Health and Wellness in Newport Beach. Thank you for helping me achieve my goals this year.



John Howard and George "Red-Eyed Vireo" Vargas

New Personal Record on Newport Coast Drive 7:02

Posted on [May 11, 2011](#)

On the tail-end of today's 3 hour hill workout I PR'd on **Newport Coast Drive– 7:02**. I started my climb at 4.5 w/kg and held it. I'm quite happy with a 19 second improvement from April 22nd time of 7:21. The other climbs today were Pacific Island Drive (9:25) in Dana Point and Temple Hills (11:42) in Laguna both seated climbs in my 39x23. On Newport I climbed in my 39x21 and felt fine. So now the question is are the CVAC sessions at Luna Health and Wellness in Newport Beach paying off? Next goal sub 7 minutes!

CVAC Session at Lunar Health and Wellness, Newport Beach Today

Posted on [May 9, 2011](#)

I have seen literature where CVAC sessions are shown to aid in recovery. Hence, today I am sitting in "the Pod" recovering from my PR on Breathless Agony Saturday May 7th. Full race report still in the works. Stay tuned...

CVAC Session today at Lunar Health and Wellness in Newport Beach

Posted on [May 5, 2011](#)

I'm running a little behind on my blogging but I will try to catch you up slowly on my CVAC sessions beginning with my first one.

" Your "Introductory" Tier 1 session, consisted of (5) 5 minute tiers, that were designed to help train your eustachian tubes to adapt to the changes in pressure. The lowest elevation being 59ft above sea level (Ambient) and your highest being 10,500. As we discussed earlier, you will eventually get to 22,500 with 1.5 second drops." - Heather Miller, of Lunar Health and Wellness in Newport Beach

CVAC sessions at Lunar Health and Wellness in Newport Beach

Posted on [April 29, 2011](#)

Last week I was called-on by the President and the VP of Operations of Lunar Health and Wellness in Newport Beach. They cited studies of how "altitude training" has been found as a natural means to help improve fitness and endurance. Being an endurance athlete, my curiosity was piqued. But as I did a little more research I realized that the wellness component would have more lasting benefits for me. I thought of two issues that I have been dealing with for years— sleep issues and exercise- induced asthma.

According to some of the data CVAC – *Cyclic Variations in Altitude Conditioning* will help me sleep better. By default getting more and better sleep every night will help me become a better athlete, right? My other issue is exercise- induced asthma. When I climb I can hold high intensity but as soon as I crest and the intensity wanes, I begin coughing uncontrollably. In the past, I was prescribed two types of inhalers, one as a daily dose and the other as needed during coughing attacks. I don't want to carry an inhaler nor do I want to be dependent on medication. CVAC potentially offers me a drug- free option at dealing with these two issues. And if that makes me a better endurance athlete in the process wouldn't that be a bonus?

See the full blog at: <http://epictrain.me/category/cvac-sessions/>