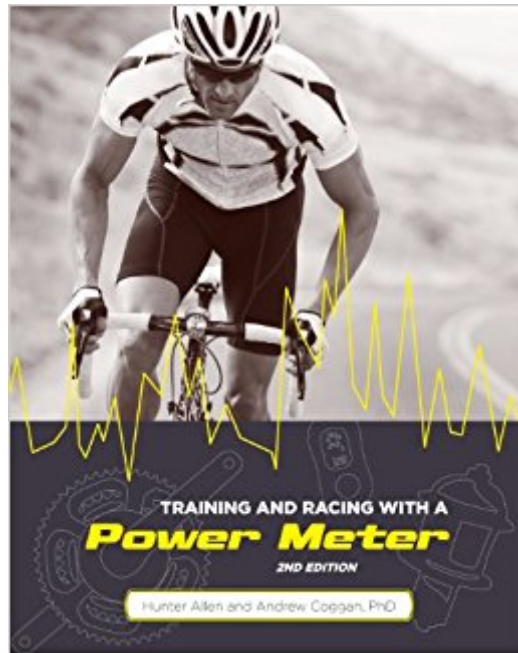




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Training And Racing With A Power Meter, 2nd Ed.



Synopsis

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. *Training and Racing with a Power Meter* makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak formIntroduces fatigue profiling, a new testing method to pinpoint weaknessesIncludes two training plans to raise functional threshold power and time peaks for race dayOffers 75 power-based workouts tuned for specific training goalsThis updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout.*Training and Racing with a Power Meter*, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

Book Information

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Fitness > Triathlons #65 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

I liked this book, but I certainly did not love it. Thus the 4-star rating. Over the past summer I got talked into training for, and entering, an Ironman 70.3 event to be held in June, 2014. The woman

who talked me into rehabilitating my 51-year-old body for the event has completed two full-length Ironmans at age 45 while holding down a full-time job, and she uses a power meter in her training on the bike. I went for a bike ride with her last Spring and she was killing me on the hills. I decided her way of training with a power meter might be something I'd like to learn more about. So I got a rear hub power meter (along with a device to collect the data), built it into a wheel, and threw it on my bike. Of course, this didn't do much for me since I had no idea how the power meter could help me in my training efforts. As a kid I was a highly trained competitive cyclist. I excelled at racing on the track (velodrome) and on the roads doing criteriums. I never bulked up too much, so I could compete reasonably well in road and cyclocross events, too. However, I NEVER performed well in time trialing whether on the track or the road. What I have gathered from using my power meter, reading this book I'm reviewing, and comparing what the book explains to what I used to do when training on my bike as a kid, is that power meters are great for enabling the user to accurately classify his or her training rides as either: (1) junk miles, (2) slow endurance miles, (3) tempo or quality training miles, (4) race pace miles, or (5) sprint or super high intensity miles.

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