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Training And Racing With A Power Meter

TRAINING AND RACING WITH A
Power Meter
2ND EDITION
Hunter Allen and Andrew Coggan, PhD

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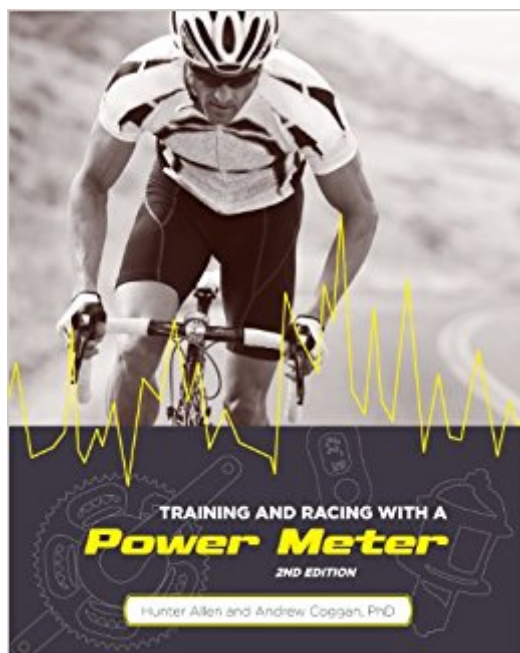
Synopsis

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.

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Customer Reviews

"Training and Racing with a Power Meter is the ultimate guide to training with power. Hunter Allen and Andrew Coggan are, without a doubt, the most knowledgeable people on the planet when it

comes to power meters." -- Joe Friel, world-recognized endurance sports coach and author of The Cyclist's Training Bible, The Triathlete's Training Bible, and The Power Meter Handbook"Training and Racing with a Power Meter is a comprehensive look at the technological and physical aspects of power and fatigue-based testing. It also includes coaching and training sessions to target weaknesses highlighted by the data. It's essential reading." -- BikeRadar.com"Training and Racing with a Power Meter presents useful information on how to delve deeper into the numbers and recognize patterns that surface over a season. Every triathlete can benefit from the book's in-depth info and detailed graphs showing the numbers you need to kill the competition." -- Triathlete magazine"Training and Racing with a Power Meter has enough scientific detail and analysis to satisfy even the most demanding numbers junkie while remaining readable and useful to even the casual power enthusiast." -- Canadian Cycling magazine"By far the best instruction manual I've seen is Training and Racing with a Power Meter. The book has enough scientific detail and analysis to satisfy even the most demanding numbers junkie, while remaining readable and useful to even the casual power enthusiast." -- Stephen Cheung, PhD, PezCyclingNews.com"Training and Racing with a Power Meter is the most logically structured and comprehensive manual in print on how a rider can get maximum performance improvement from this device." -- Active.com

Power meters are not just for the pros. As equipment has improved, cyclists and triathletes at all levels are using power meters to unlock speed and endurance. But in order to get the most from the technology, you need to know how to read the feedback. Training and Racing with a Power Meter shows you how to identify your strengths and target your weaknesses with unbelievable precision. By explaining the universal concepts behind the power graphs, authors Hunter Allen and Andrew Coggan will revolutionize the way you train. Begin by determining your power profile, which describes your strengths as a cyclist. Next, assess your fatigue profile to learn how you resist fatigue at 12 different exercise durations. Finally, identify the workouts that will help you build power across the board while eliminating the flat spots that are holding you back. Allen and Coggan explain how to interpret power, cadence, speed, and heart rate so that you can train optimally for road racing, mountain biking, cyclocross, triathlon, track, or BMX. Knowing how to analyze your power-meter data will enable you to create a seasonlong race schedule that plays to your strengths. Understanding your numbers will also allow you to monitor changes in fitness and precisely time your peak performance. With more than 65 power-based workouts; case studies of professional, masters, and amateur athletes; and hundreds of charts and graphs, Training and Racing with a Power Meter is the definitive guide you need to get up to speed on cycling's most important

technology. Hunter Allen is an elite-level cycling coach, former professional cyclist, and owner of the Peaks Coaching Group. Andrew Coggan, PhD, is an exercise physiologist and author of countless articles on effective application of power-meter data.

I bought an SRM before I bought this book and I could quickly see that it would transform the way I train. However I felt like I lacked in a lot of areas "how can I analyze the data?", "how can I build a training system?", "what are my strengths?". I had already read Joe Friel's book which is great for basic training and periodization but does not go into that much depth on how to actually use a power meter. A power meter is a complex tool and if you don't know how to use it won't benefit you that much. This book tells you how to use the power meter to figure out what kind of rider you are, find your weaknesses, very good suggested exercises and teaches you how to use the tools to their full extent. Combined with Joe's book you end up with an amazing combination. The only complaint I have about it is their focus on how great WKO+ is (a software they develop), however if you've read this book you'll know enough to be able to use any other software (I personally use Golden Cheetah). I'd recommend a power meter to any serious cyclist and without this book getting a power meter is a waste of money. Â The Cyclist's Training Bible

Good reading material about power meters. One of the best books out there. But you still have to be able to interpret the information and come up with a training plan.

If you have a power meter, you should probably have this book too. The book is approachable to non-technical readers, but include appendices for more technical readers to dive into. The book shows readers how to effectively use a powermeter and to get the most value from their training.While the authors have a software package that they sell and use throughout the book, they do not hide that other options exist (I felt no need to use their software--there are too many free options). I just wish there was a more technical sequel so that I have a place to go for more detailed info.

This book is clearly written for those of us who like to use quantitative resultsÃ¢Â Â"numbersÃ¢Â Â"to motivate and guide our training. That said, I feel it can be a valuable learning resource even if you arenÃ¢Â Â™t planning on using a power meter.Athletes need a schema, a way of looking at the process of building physical capacity to judge what next steps would benefit our development. The lens you use to view your workouts might be based on heart

rate, perceived effort or power generated. This book lays a foundation based on power, but still adds a deeper understanding to heart rate and perceived effort training.I was impressed that there was real value if you just scanned it, read the text without trying to interrupt the charts, or studied the texts, examples and charts carefully. Each time I have gone through it I have seen increased benefit from my training time. It always helps me feel more grounded and motivated to approach my bike training with an eye to creating results that fit my goals and strengths.Even though I donÃ¢Â Â™t race, it has also motivated me to get a power meter to improve my times in distance events.

Just like the other reviewers stated, this book is great. It has more info than you will ever be able to use. I have taken some specific workouts and put them in my routine and have been very happy. I'm a Cat 3 and can't wait to try some more of the workouts to push it to the next level.

If you are serious about improving your performance on the bike or in other endurance related events and you have the means to invest in power meters this book is a must! It gives you the tools to get the most out of your power meter. If you can't afford a coach or would rather understand and dictate your own training program this has it all. Warning...this book takes a serious look at data analysis, obviously not a light read.

It's pretty technical. It's a good book, and I've yet to finish it, but it is very technical and might be a bit over my head for some points. Either way, if it doesn't make sense now, it will be a good book to "grow" with during my education of power meters, because I'm sure at some point the information will become relevant and beneficial . I would recommend it.

The book is a great technical book on training with a power meter. I wish the author had a section for dummies. I have a MS in computer science and had to really did deep to understand certain sections. I would call this a bible of Training with power.

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