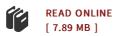# Training and Racing with a Power Meter (Paperback)

By Hunter Allen, Andrew Coggan

VELOPRESS, United States, 2010. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. A power meter is the ultimate training tool for serious cyclists and triathletes. Affixed to the handlebars, a power meter is like a cycling supercomputer, displaying critical data on a cyclist s speed, distance, and workload. Training and Racing with a Power Meter is the missing manual for competitive athletes who want to unlock the secrets that lead to speed. This second edition updates the only book devoted to this rapidly changing science. In only a few short years, power meters have become an essential training tool for amateur and pro cyclists and triathletes. The first edition of Training and Racing with a Power Meter was largely responsible for popularising what was once an arcane technology understood by only a few elite coaches and trainers. Now the updated second edition provides significant updates on technology, software tools, training protocols, and workouts, making the benefits of power-based training available to everyone. The new edition provides specific information for triathletes - the fastest-growing segment in endurance sports - including a complete triathlon training plan. Other significant updates include reviews of the latest hardware, refinements and additions...

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Reviews

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