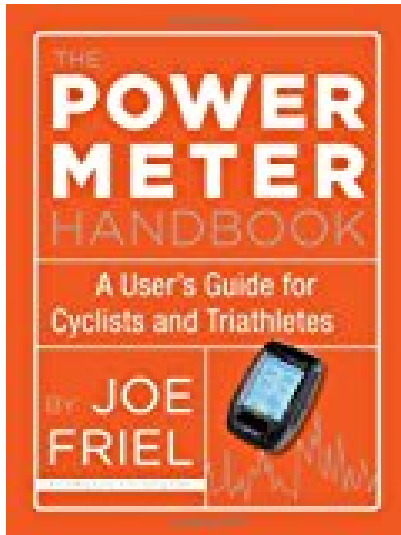


The Power Meter Handbook A Users Guide for Cyclists and Triathletes



BOOK DETAILS

- Author : Joe Friel
- Pages : 240 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 1934030953

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BOOK SYNOPSIS

In The Power Meter Handbook, Joe Friel offers cyclists and triathletes a simple users guide to using a power meter for big performance gains. In simple language, the most trusted coach in endurance sports makes understanding a power meter easy, no advanced degrees or tech savvy required. Cyclists and triathletes will master the basics to reveal how powerful they are. Focusing on their most important data, theyll discover hidden power, refine their pacing, and find out how many matches they can burn on any given day. Once they understand the fundamentals, Friel will show how to apply his proven training approach to gain big performance in road races, time trials, triathlons, and century rides. With The Power Meter Handbook, riders will: Precisely match their training to their race season Push their limits step by step Track fitness changes--reliably and accurately Peak predictably for key events Vastly improve training efficiency Power meters arent just for the pros or racers anymore. Now The Power Meter Handbook makes it easy for any cyclist or triathlete to find new speed with cyclings most advanced gear.

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