

## [y0uYX.ebook] Training and Racing with a Power Meter, 2nd Ed. Pdf Free

*Allen Hunter*

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**Allen Hunter : Training and Racing with a Power Meter, 2nd Ed.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Training and Racing with a Power Meter, 2nd Ed.:

0 of 0 people found the following review helpful. Great book on training with powerBy Alex HarrisonVery detailed, which was great, reading it as a sport physiologist, yet applicable and explained well enough that any cyclist can use the tools therein immediately. Authors might have stepped outside their box a little when attempting to make their case that traditional weightlifting and strength training isn't beneficial for cyclists. I'll forgive them. That wasn't the point of the book, and I think they provided great rational and useful tools to guide power meter use and interpretation for every facet of cycling, from training plan design, to single workout analysis and even intra-race decision making. Great book.0 of 0 people found the following review helpful. Easy to understandBy tiburonGood 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.1 of 1 people found the following review helpful. Excellent Powermeter TextbookBy Ryan BowerIf 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.

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.

"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

From the Back Cover

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.

About the Author

Foreword

Preface to the Second Edition

Acknowledgments

Introduction

Abbreviations

1 Why Train with a Power Meter?

2 Power Tools

3 Power-Based Training: Where to Begin?

4 Determining Your Strengths and Weaknesses

5 Using Power for Optimal Workouts

6 Interpreting the Data

7 Beyond Average Power

8 Using Power to Manage Performance

9 Developing a Power-Based Training Plan

10 Tracking Changes in Your Fitness

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About the Authors

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