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# Training And Racing With A Power Meter



## Synopsis

Power meters are rapidly becoming an invaluable part of training and racing among professional cyclists and triathletes, amateurs looking for a competitive edge, and gear fiends. For coaches and athletes, these devices offer enormous potential for targeting and timing training to realize a rider's goals. Yet few athletes or coaches understand how to interpret the data for optimal results, and few cycling resources do more than mention the possibility of wattage training. *Training and Racing with a Power Meter* decrypts the layers of information and explains how to begin a program that effectively integrates power. Hunter Allen and Andrew Coggan have conducted extensive research and consulted with manufacturers to deliver the most sophisticated and scientific approach to training on the market, allowing riders to tap every last watt of power. The book includes cogent case studies, sample power workouts, and a chapter on the future of training and racing with these soon-to-be indispensable devices.

## Book Information

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## Customer Reviews

If you presently train with a power meter on your bike or are thinking of getting one, this is a must-read book. Authors Hunter Allen and Dr. Andy Coggan are eminently qualified to write this book which is the first full-length book devoted solely to the subject of training (and racing) with an on-bike power meter. Hunter Allen is a full time coach of cyclists and triathletes who uses the power meter as a key element in his training approach. Dr. Coggan is renowned as a widely published exercise physiologist and is also an avid master's cyclist. The authors have presented much of the

material in the book at seminars around the country. I attended one of those in 2005 in Sacramento, CA, so I was already familiar with much of the material in the book even before reading it. Also, much of the material has been presented and discussed in the Wattage discussion list on topica ([lists.topica.com/lists/wattage/](http://lists.topica.com/lists/wattage/)). The beauty of the book is that it collects all this valuable information, and much more, and presents it in a well organized manner in one place. An early chapter describes each of the four major presently available commercial power meters (SRM, PowerTap, Polar and ergomo). It covers their relative advantages and disadvantages. The same chapter covers the software that is included with each power meter plus other standalone software offerings including CyclingPeaks which was developed by the coauthors along with Kevin Williams. Many examples from the book include screen shots and examples from CyclingPeaks but the ideas they convey are explained in the text so no prior knowledge of CyclingPeaks is necessary. If you are contemplating buying a power meter, this chapter alone is worth the price of the book.

To understand where I am coming from: I am a licensed cycling coach and serious cyclist. I've been using a bicycle power meter (PowerTap) for years, and training with an indoor power-based trainer for even longer. For full disclosure, I have also met both authors in-person, and I know one of the authors quite well. I highly recommend this book for any serious cyclist. I gobbled it down once, and I am now on my second reading. I have learned quite a bit on the subject by reading the book, despite my prior experience and training. I enjoyed and appreciated the book because: (1) **COMPREHENSIVE!!** This is perhaps the book's best feature--nothing seems to be missing. Every subject of which I am aware, as it relates to training with a power meter, is in there. Plus, I found information about which I was previously unaware. Joe Friel (renowned cycling coach and author) writes an introduction, and as he said, no other book even compares, at this time, in terms of content. (2) **AUTHORITATIVE.** The authors are recognized in cycling circles as two of the most knowledgeable persons in the United States on using a power meter for cycling training. The authors' combination of an experienced cycling coach and former professional cyclist (Allen) and an exercise physiologist / scientist (Coggan) is not available in any other cycling training book, to my knowledge. (3) **EASY TO USE.** The chapters are organized logically and, on my second reading, it has been easy to go back to subjects that interest me more than others. (4) **NOT TOO COMPLEX.** The authors touch every subject thoroughly and comprehensively, but do so in a way that is not too difficult to understand or grasp.

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