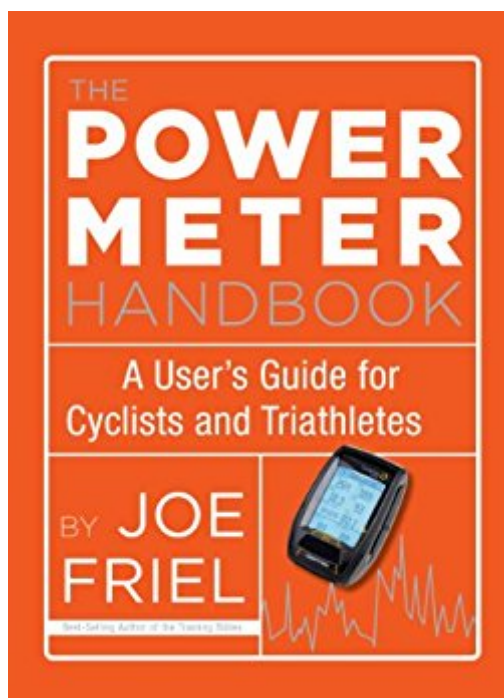The book was found

The Power Meter Handbook: A User's Guide For Cyclists And Triathletes

Synopsis

In The Power Meter Handbook, Joe Friel offers cyclists and triathletes a simple user's 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, they'll 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 seasonPush their limits step by stepTrack fitness changes--reliably and accuratelyPeak predictably for key eventsVastly improve training efficiencyPower meters aren't 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 cycling's most advanced gear.

Book Information

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Customer Reviews

I have found this book really good. Joe has a knack for turning complex sports physiology concepts into practical training advice - for example relating training / performance zones to on ride / race performance around the concept of "burning matches" (get the book to find out the details) is one of his scientifically based simple analogies that helps you understand how your own performance works and why pacing can be so important. Changes I would like to see is a version of the book less focused on racing and more on non-competitive cycling performance. I would also prefer traditional power profile analysis where you mark your performance on vertical bars, one for each standard time period, with scales from untrained to world record. He instead creates a continual curve of power versus log time, may be more correct but lacks an intuitive feel. Lastly the graphics do not translate through the Kindle version very well, more of a Kindle product issue versus Joe presentation. Overall this is a good ready and a must buy for the power meter equipped performance cyclist!

This book was perfect for me, but it didn't contain what I thought it would. The book gave me information I needed, though I didn't know I needed it. As someone looking to begin using power, I thought this book was going to show me practical, hands-on examples of how to do that. While the appendix seeks to do that, I think I may want to read another book to gain that knowledge. Still, I absolutely needed the information contained in this book. It explains the theory (giving examples) behind training with power, and concepts that will make me a better cyclist one i use my power meter. I am relieved that I read this book before others, as I may have wanted to skip it once I read a book detailing actual exercises using a power meter. Overall, it was a very entertaining and informative read.

I almost think of this book as the missing manual for power meters. I am only halfway through it right now but it's clear that it was the single best purchase I could make after investing in power. Without the knowledge gained from this book I would have just simply bought an expensive speedometer for my bike.Even if you are only considering buying a power meter you should read this book before making the plunge.

Although my title makes it sound like this book is only for those who use TrainingPeaks or WKO+ software with their power meter, this book will be extremely helpful for anyone wanting to take their cycling to the next level. This book is much, much more than an instruction manual, but anyone who

uses TrainingPeaks or WKO+ will need this book to get the most from their software. He also references other software products in a non biased manner. More up to date than his former book The Cyclist Training Bible (which should be in every cyclists' library as well), this book reflects the most current thinking in training. Whereas The Cyclist Training Bible can be a little overwhelming to get through (due to its sheer size and breadth of volume) this book is an easily digestible but extremely informative read.

This book is an excellent resource for both those currently leveraging a power meter to enhance their training or those considering one. For those looking to understand all of the data and how to use that data to impact training, this is the book for you. As a beginner to power meter training, the definitions and real life examples that were illustrated in this book have allowed me to begin making the most of my training time. I find myself constantly referring to this book.

Great book that has given me a lot of good information and new insight on how to use my power meter to get the most out of it.

Very good book, but the Kindle edition doesn't take into account the digital customers and have several charts and tables rotated 90 degrees, it is extremely annoying to read it without any way to rotate it.

This book is doing a wonderful job of helping me make sense out of all those "power" numbers on my Garmin 800. This book is having a huge impact on my training, and it's all for the better. Friel's writing is clear and easy to follow, and I'm learning how to train smarter. I suspect it will make me a stronger rider and I can't wait for my next big race in April to verify my hope.

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