



Training and Racing with a Power Meter

Hunter Allen, M.D. Andrew Coggan

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Training and Racing with a Power Meter Hunter Allen, M.D. Andrew Coggan

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.

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