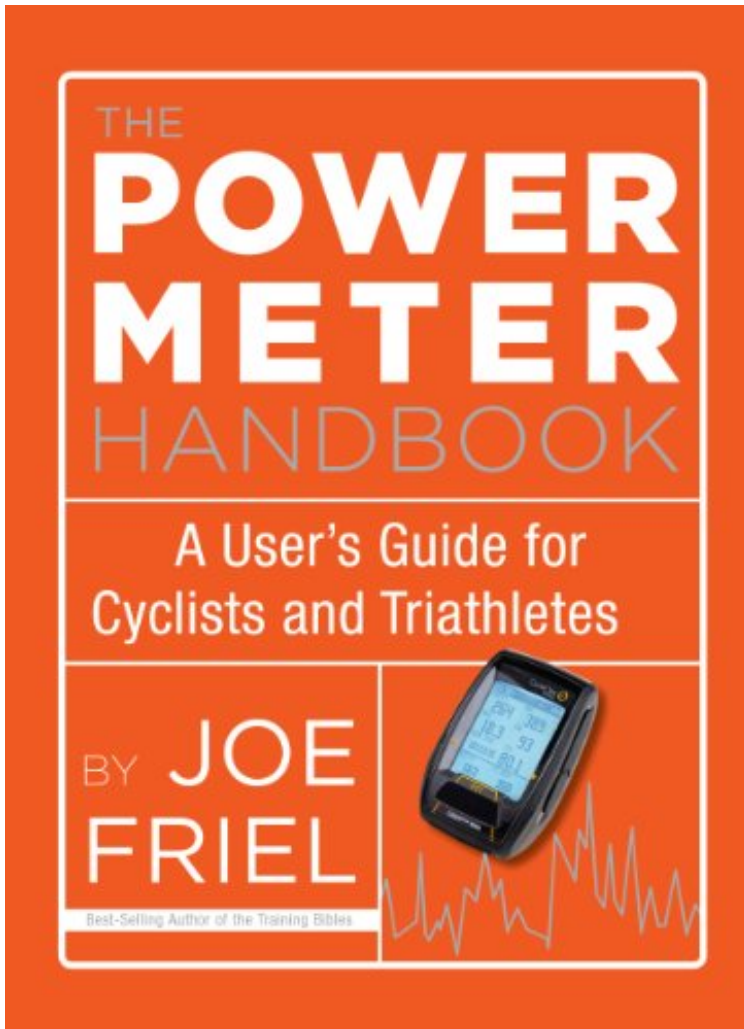


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The Power Meter Handbook: A User's Guide for Cyclists and Triathletes



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Description :

Prsentation de l'diteurIn 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. Prsentation de l'diteurIn 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. Biographie de l'auteurJoe Friel is the best-selling author of The Cyclist s Training Bible, The Triathlete s Training Bible, Your Best Triathlon, and Your First Triathlon. His TrainingBible Coaching franchise is one of the most successful and respected in endurance sports. Joe has trained endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in triathlon, duathlon, road cycling, and mountain biking. He is an elite-certified USA Triathlon and USA Cycling Coach and holds a master s degree in exercise science.