



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

Joe Friel

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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 season Push their limits step by step Track fitness changes—reliably and accurately Peak predictably for key events Vastly improve training efficiency

Power 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.

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

Date : Published September 1st 2012 by VeloPress

ISBN :

Author : Joe Friel

Format : Kindle Edition 240 pages

Genre : Sports, Cycling, Nonfiction, Sports and Games

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From Reader Review The Power Meter Handbook: A User's Guide for Cyclists and Triathletes for online ebook

Karen Shevchenko says

I think the book may be good to a beginner, but seasoned riders will not benefit much. The book is outdated and most of the concepts it gives as a breakthrough use of powermeter, became an industry standard nowadays. It spends 2/3 of the book trying to convince me why I should start using a powermeter, while the main reason I read a book was that I already have one. Explanations of the key performance metrics were good, but rest of the book is very superficial. Training advises are vague and hardly can be used to plan you training plan - there are better books for that. All in all, I am disappointed.

If you are an experienced rider who already uses powermeter on a daily basis for a while, don't waste your time on it.

If you are a novice who just acquired a powermeter, or thinks about acquiring one, read it, it will not harm - the language is good, some concepts explained well. But be ready that you will finish the book with more questions than when you started.

Daryl says

This is a comprehensive guide to using a power meter in cycling. The book is already showing its age, despite being only a few years old. In spite of this age, the training advice, discussion of power zones, and clear explanations of the various terminology related to cycling training and power meter usage made the book well worth the read.

Bud Winn says

Excellent and quick overview of how to incorporate power into workouts. Will take awhile to synthesize everything, but good nuggets throughout.

Alex Waldman says

a must for anyone trying to understand cycling with a power meter. A revelation really

Bryn says

Required reading if you bike, own a power meter, and are serious about improving your speed and fitness. The book focuses more on making the most of your power meter and individual workouts. There is only a little information on how to build a whole training schedule. For that you should read one of Friel's "Training Bible" books.

In the credits Joe Friel recommends "Training and Racing with a Power Meter" by Allen & Coggan, going so far as to refer to it as "the most comprehensive description of the topic." I haven't read Dr Coggan's book yet, so I cannot compare the two.

Vernier says

Great book on power meter. I just need to get myself a power meter. To put all that I learn into use.
