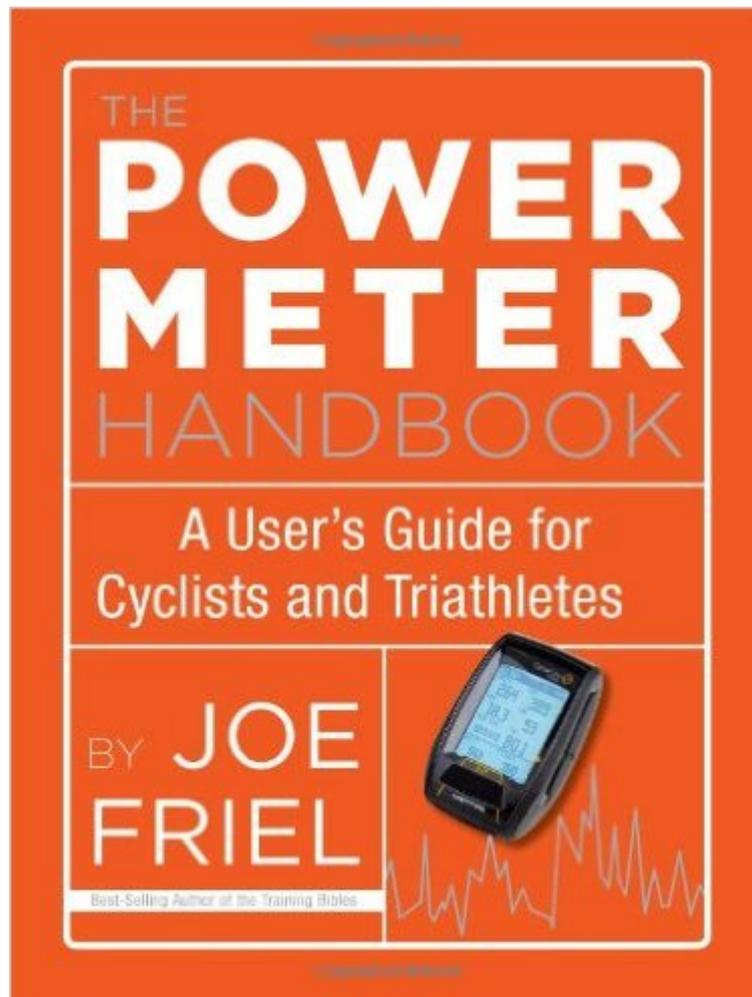# The Power Meter Handbook: A User's Guide For Cyclists And Triathletes

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

Paperback: 240 pages

Publisher: VeloPress (September 1, 2012)

Language: English

ISBN-10: 1934030953

ISBN-13: 978-1934030950

Product Dimensions: 6.3 x 0.6 x 8.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (84 customer reviews)

Best Sellers Rank: #39,964 in Books (See Top 100 in Books)   #14 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons   #19 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon   #23 inÂ Books > Sports & Outdoors > Individual Sports > Cycling

Customer Reviews

Having read and constantly referred back to all Joe Friel's books, all the variations of his Training Bible aimed at Cyclist, Triathletes, etc... I immediately purchased this book as soon as it came out.This book picks off where the 'Training Bibles' left off as it dives deep into power meter training, which is the biggest training trend for cyclist of all levels, as power meters become widely available and accessible.I've been training with a power meter since 2008, and read Andy Coggan's book in great detail, and also use it regularly, as I a view these types of books more as reference book to

keep coming back to, rather than books you read once and put it back on the shelf.In spite of being knowledgeable about training and power meters, I found this book to be a great reading book as well as a great reference book.The book is very easy to read and addresses very well not only the how, but also the why of power meter training. Even though, I'm a believer and already use it, I found those section very entertaining and very educational.The tone of the book assumes no prior knowledge from the reader and I found that very useful. The material and concepts are all very current and up-to-date.Joe Friel's ability is to make simple all the concepts behind power meter training easy to understand and very logical, without going into deep technical details as Andy Coggan's reference book on power meter training.I view this book as targeted at an wider audience that includes not only athletes that currently only use heart rate and want know why and how to us power meters, but also experienced athletes that want to complement their knowledge.Don't hesitate, get this book, read it and keep coming back to it !!!!

It's hard to read anything on power training without comparing it to Training and Racing with a Power Meter by Hunter Allen and Andy Coggan. That book gives a very detailed and technical description of training with a power meter. The problem for those new to using a power meter is that it's detailed and technical.Friel's new book is geared more towards those who are considering getting a power meter or just bought one and want to know how it is different from training with a heart monitor. I'd say it does that pretty well.There are a few problems though. There's almost nothing new in the book at all. If you've read Friel's blog and the articles on TrainingPeaks, you won't find new information here.The biggest problem is that he defined Intensity Factor wrong. IF, as seen in all the training software out there, is (Normalized Power/Functional Threshold Power). Friel instead defines IF as (Average Power/Functional Threshold Power). Those two numbers can vary quite a bit. After seeing that mistake, it had me questioning every table and calculation based on IF for the rest of the book. He proposes several rules that don't make sense. For example, the 5% rule that says you can double any duration and maintain 5% less power. It sounds nice, but it doesn't work for most durations for all athletes. For example, a sprinter with a 600 watt 1-minute power probably can't maintain 570 watts for 2 minutes unless we're talking about world-champion level fatigue resistance. Even a longer duration like 300 watts at 5 minutes, holding 290 watts at 10 minutes would be very unlikely.

Here is the review I posted on Duathlon.com:[...]Joe Friel's The Power Meter Handbook may be the single best available resource on training with power for most cyclists and triathletes. Released in

late 2012, Friel does a good job of making sense of a topic that is confusing to many. Training & Racing With a Power Meter, released in 2010, is also an excellent book on the same topic, but it is more technical and might be an easier read for more advanced users of power meters.Riding with a power meter is similar to using a heart rate meter in that the primary display is a single number (watts of power), except power data is significantly more useful if you know what you are doing. Using a power meter is so important that Joe won't coach an athlete who doesn't use one.Before you pick up the book know that you won't master a power meter overnight or in a week. You must familiarize yourself with the concepts, analyze workouts within power meter software, and compare workouts over time. No single concept of power meter use is difficult, but experience is necessary. If you like looking at numbers and comparing workouts, this will be fun. If this has no appeal to you then hire a good coach to do the work for you.To get full benefit from your power meter you must test often (every 4-6 weeks) and download ALL of your workouts into your training software.Newer athletes, and those not looking for serious performance, can get most of the book's benefit by reading to page 125 (book length is 209 pages). More advanced athletes and coaches will want to read beyond, and for those familiar with power but looking for deeper information, this is where the book shines.

Download to continue reading...

The Power Meter Handbook: A User's Guide for Cyclists and Triathletes Training and Racing with a Power Meter, 2nd Ed. Training and Racing with a Power Meter Windows 10: The Ultimate User Guide for Advanced Users to Operate Microsoft Windows 10 (tips and tricks, user manual, user guide, updated and edited, Windows ... (windows,guide,general.guide,all Book 4) Android XBMC Kodi 5 In 1 User Guide (Updated September 2016): Android Tablet, Phone & Google TV User Guide, XBMC Kodi & TV Streaming User Guide Echo: Echo Advanced User Guide (2016 Updated) : Step-by-Step Instructions to Enrich your Smart Life (Echo User Manual, Alexa User Guide, Echo Dot, Echo Tap) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Writing Effective User Stories: As a User, I Can Express a Business Need in User Story Format To Get the IT Solution I Need Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Windows 8 User Guide Reloaded: The Complete Beginners' Guide + 50 Bonus Tips to be a Power User Now! The Ultimate Bicycle Owner's Manual: The Universal Guide to Bikes, Riding, and Everything for Beginner and Seasoned Cyclists Andy Pruitt's Complete Medical Guide for Cyclists Faster: The Obsession, Science and Luck Behind the World's Fastest Cyclists Base Building for Cyclists: A New Foundation

for Endurance and Performance The Cyclists Training Blueprint - Just Training Programs Mid-life Cyclists Windows 10: The Ultimate Beginner's Guide How to Operate Microsoft Windows 10 (tips and tricks, user manual, user guide, updated and edited, Windows ... (windows,guide,general,guide,all) (Volume 3) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Open Water Swimming Manual: An Expert's Survival Guide for Triathletes and Open Water Swimmers Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels