

Chapter 1 : Power Meter Handbook: A User's Guide for Cyclists and Triathletes: Joe Friel: blog.quintoapp.com

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.

February 22, Ok, so you bought a power meter. In order to unlock the potential that your new power meter holds, you need to start using it—and using it correctly. Talk to your friends and they will likely all offer different ideas and recommendations of what you should do. The Power Meter Handbook takes the mystery and complexity out of the numbers. Joe does a wonderful job of simplifying what could at times be rather complicated concepts. His experience serves as the basis for why The Power Meter Handbook is a must read for every power meter enthusiast. Since , Joe has trained elite amateur and professional road cyclists, mountain bikers, triathletes, and duathletes. Joe has written 10 books geared towards endurance athletes. He conducts seminars word-wide as well as provides consulting services for corporations in the fitness industry. Whew—that was a lot. In Part I, Joe goes over some basics. There is something here for everyone. For example, his comparison of power-based training to heart rate training has really stuck with me. Which I admit to have stolen on at least one occasion. In Part II, Joe takes these fundamentals and applies them specifically to training. Again — this is one of the things that makes this book so powerful. Joe breaks this stuff down in an amazingly simplistic manner — making it easy to digest and understand. At a very high level, based on your Training Stress Score TSS for each workout how hard your workout was based on duration and intensity , the software models and displays in chart form, your accumulated fatigue, fitness and form — no more guessing! If it sounds confusing, you need not worry. Part III gets even more specific. Joe takes everything you have learned and applies it to specific disciplines. This is really helpful stuff when it comes to putting together your own training plan. Lastly, there are a few appendixes at the back of the book which detail specific workouts, how to set heart rate zones as well as some analysis software you will want to consider. They are essential tools for cyclists of all levels who wish to measure and improve their cycling performance. The Power Meter Handbook is an easy to follow book that allows you to properly put your power meter use — so you can start to unlock some new found speed and endurance. Your power meter can help you do both. In a race, while others are guessing how fast to ride up hills and into the wind, the rider with a power meter is content simply holding the prescribed power. Power is a much easier and much more precise measure of intensity than speed.

Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of The Triathlete's Training Bible, The Cyclist's Training Bible, Fast After 50, Going Long, Your Best Triathlon, The Power Meter Handbook, and Your First Triathlon.

I had just purchased a power meter and started to take in my power numbers. However, while the basic idea of power is easy using power to measure and train is not so obvious. Online tools such as Strava, Polar, and others report on your basic power and fitness measures but without an understanding of what the numbers mean, they are just numbers. I then started to ride with groups and hanging out with the local bike racing crowd. I have only one official result to my credit and that was in a short time trial. As this summer dragged on my appetite to race has grown. One question nagging me is how is my fitness in comparison to those around me? Am I ready for racing? My speedometer and heart rate monitor are helping me to understand I am improving, but there was still a sense of uncertainty. Strava segments are helpful, but of course favorable winds and other hacks which I shamelessly use can lead to misleading KOM glory. Strava attempts to solve this problem by providing power estimates. However, those are not convincing either. I rode up a cat-3 climb and Strava estimated my average power well under watts. I calculated the work of hauling my mass up Granite Peak. The result shows my power to have been closer to watts than Strava estimates make too many assumptions and are only available after the ride. This summer Stages put their crankarm power meters on clearance sale and I took advantage of that. My first ride with the power meter was Race the Lake I finished the race and got the data into Golden Cheetah. Lots of acronyms, bio-technical terms, charts, graphs, options, inputs, you name it. I then asked my friends which one of the many cycling power books they recommend and one of them offered to loan me his copy of the Friel book. The book I am reviewing is copyrighted in and the Velopress from Boulder Colorado publishes it. The Power Meter Handbook comes in three sections, ten chapters, and pages. In addition, the book contains three appendices, a glossary, acknowledgements, an index, and a section about Joe Friel. It addresses why one may want a power meter on their bike. In short it is what we are after on the bike. Who will win when two cyclists who weigh roughly the same and are racing together? Power determines the outcome of the race. Under the same conditions speed is a satisfactory predictor of who will win but when we train speeds vary. We all have had rides where we work hard and the speed is slow. Power is a better measure to use when training for a race because it is not affected by wind and road grades. Friel continues on by explaining the basics of power. What it is, how it we measure it, how power meters work, and using power to become stronger. With a crankarm power meter we know the length of the crank arm, the force, and the cadence. Then we can easily calculate the power. One thing this equation shows us is that power is not about brute force alone, light force at a high cadence also translates into power! Do not skip this part even if it seems simple or trivial. It will at the very least reinforce what you have been doing or already know. This is the section where the Friel discusses concepts such as FTP, power zones, intensity, and matches. The section also discusses ideas such as periodization and using the power meter to manage your energy during a ride or a race. Intensity Friel emphasizes intensity. That it is intensity of your training that is the most important component of training and not volume or frequency of course, within reason "one intense ride per year is not going to do anything. He emphasizes the need for recovery low intensity. Either by staying off the bike which he recommends for less experienced athletes or active recovery for more experienced athletes. Again the notion many of us go too hard on our recovery rides and too soft on our intense rides comes to mind. With a power meter you can be confident where your effort truly is at. Periodization Periodization is another idea Friel spends sometime talking about. That is the basically time based training blocks. He talks about early training and here he actually gets away from using the power meter as your primary measure of effort. Instead Friel advises to keep your heart rate steady in zone two of five and using your analysis tools to monitor how your power and heart rate correlate. Early, one expects a strong correlation between your heart rate and your power. Aerobic Decoupling As you progress through the aerobic training your power and heart rate will start decouple from each other. In other words, when you increase the

power your heart rate responds less strongly. The aerobic decoupling on my FTP test ride I have read other approaches to training that pooh-pooh early aerobic training and talk of polarized training. Joe Friel is an authority on this subject and many athletes have proven the effectiveness of the periodization approach. I have seen friends of mine follow this pattern and perform and improve at a high level. The first part is about road races and time trials, the second part is for triathletes, and the last part is about century rides. The approach is one we are all familiar with but adds in power. Look at your previous rides on the course or similar rides, study your numbers for those rides, think of who your competition is and then plan. One is a rule he refers to as the rule. Many of us often like to power down hills to maximize our speed, in fact a Cycling Rule urges us to do so. The reason is the higher our speed the higher the force opposing our motion. We then bump into the law of diminishing returns – you have to expend greater power for lesser and lesser gains in speed. However, when your speed is low the equation reverses and the suggestion is to increase your power to get your speed up. Another neat thing I learned is that road racing and criterium racing is usually marked by somewhat lower power overall and short bursts of near maximum power. Whereas time trials and triathlons are usually steady state events with a sustained increase of power at the end. One other thing I learned and have put to use already is on performing an FTP test. My first attempt at an FTP test started too hard and fell off. The resulting FTP I determined was watts a calculated number based on a short ride. In my second FTP test I increased the power in the last few miles of my ride. They are all fairly standard and work on the different ways you can produce power. They usually focus on power but not all, some are heart rate based too. The Power Meter Handbook – Training Drills The key thing I learned here was that we can mix up the way we drill on the bike to emphasize different skills and power demands. For instance on my last ride, I did one set of high intensity intervals HII at a high cadence. I did five repetitions. After that and a longer recovery I did some low cadence HIITs, aiming to turning my crank at no more than 80 RPM and during one of my intervals I was turning around 60 a slight climb. Again, I did five repetitions and then spent some time in recover mode. The last set of HIIs I performed was to get to a good cruise on and then go hard for ten seconds. When I completed the ten seconds I reverted to the cruising effort for fifty seconds and then I would go again. Three sets of intervals, showing power and heart rate. However, I would recommend buying this book to someone looking for an introduction to cycling power meter training. This book was well worth the time I took to read and think it over.

Chapter 3 : Power Meter Handbook - Joe Friel - Häftad () | Bokus

Enter The Power Meter Handbook, by Joe Friel. The Power Meter Handbook takes the mystery and complexity out of the numbers. It shows you just how you can use your power meter to become a faster, stronger cyclist.

Chapter 4 : Power Meter Handbook : Joe Friel :

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.

Chapter 5 : Power Meter Handbook A Review – The Wisconsin Skier

Review of The Power Meter Handbook by Joe Friel. I borrowed from a cycling buddy Joe Friel's The Power Meter Handbook to get an introduction to bike training with a power meter. I had just purchased a power meter and started to take in my power numbers.

Chapter 6 : The Power Meter Handbook by Joe Friel on Apple Books

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.

Chapter 7 : Friel, Joe-The Power Meter Handbook BOOK NEW | eBay

Cameron Chinatti excitedly emailed me about a discovery she made while reading The Power Meter Handbook: A User's Guide for Cyclists and Triathletes which is a new eBook from Endurance Coach Joe Friel.

Chapter 8 : blog.quintoapp.com | Power Meter Handbook, Joe Friel | | Boeken

In The Power Meter Handbook, the most trusted coach in endurance sports offers a simple user's guide to help cyclists and triathletes master the fundamentals of training with power. Friel shows cyclists how to sift through noisy data to focus on just the most important measurements.

Chapter 9 : The Power Meter Handbook

Summary. 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.