



Training with Power Meters

By Louis Passfield, Rob Hayles

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The last quarter of a century has seen major developments in the world of cycling. Heart-rate monitors, GPS and smartphone apps are all used by riders of all abilities up and down the country as part of their training programme, but it is the power meter that really stands out as the ultimate tool for any cyclist who wishes to train to their full potential. Power has become the common currency of training discussions amongst the growing number of cyclists who have splashed out on a power meter. But does the average cyclist fully understand the figures displayed on their bike computer screens and, even if they do, can they use that information in the most effective way? Professor Louis Passfield was the first scientist in the UK to work and study with power meters. In this book Professor Passfield shares some of his vast experience and shows that you don't have to be a pro cyclist, triathlete, or coach to reap the benefits of training with a power meter. Fully illustrated with 50 colour images and diagrams.

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Training with Power Meters By Louis Passfield, Rob Hayles Bibliography

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Editorial Review

Review

One of the major factors in British Cycling's success has been its strong coaching and scientific input and the use of power meters has been central to this. Louis was the first person I knew to start working with a power meter. In this book he uses this scientific and coaching experience to explain clearly and simply how to get the best out of yourself by training with a power meter. -- Rob Hayles, winner of two track cycling World titles and three Olympic medals.

About the Author

Louis Passfield is an applied sports scientist and an academic with expertise in training and elite performance. He is a consultant for the English Institute of Sport and has worked as sports scientist with the British Cycling team preparing for a number of Olympic Games. **Rob Hayles** is an Olympic track and road racing champion cyclist.

Users Review

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Arturo Hasan:

The feeling that you get from Training with Power Meters is the more deep you searching the information that hide inside words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but Training with Power Meters giving you enjoyment feeling of reading. The article author conveys their point in a number of way that can be understood by anyone who read it because the author of this guide is well-known enough. This book also makes your current vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this particular Training with Power Meters instantly.

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among it. This great information may drawn you into fresh stage of crucial imagining.

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