



# Training with Power Meters

*By Louis Passfield, Rob Hayles*

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## **Training with Power Meters** By Louis Passfield, Rob Hayles

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**

### **From reader reviews:**

#### **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.

#### **Katherine Humphrey:**

The actual book Training with Power Meters will bring one to the new experience of reading a new book. The author style to clarify the idea is very unique. If you try to find new book to learn, this book very appropriate to you. The book Training with Power Meters is much recommended to you to see. You can also get the e-book from your official web site, so you can quicker to read the book.

#### **Molly Maldonado:**

Training with Power Meters can be one of your starter books that are good idea. We recommend that straight away because this book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing Training with Power Meters but doesn't forget the main position, giving the reader the hottest along with based confirm resource details that maybe you can be

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

**Beulah Chavez:**

The book untitled Training with Power Meters contain a lot of information on the idea. The writer explains the girl idea with easy approach. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the item. The book was written by famous author. The author brings you in the new era of literary works. It is possible to read this book because you can continue reading your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice go through.

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