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Training & Racing

with a Power Meter

is packed with

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expertise and colorful visuals that will give you the skills you need to crack the code for converting power data into speed.

HUNTER ALLEN is an elite-level cycling coach, former professional cyclist, USA Cycling instructor, ...

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"Training and
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Power Meter is the
ultimate guide to
training with
power. Hunter
Allen and Andrew
Coggan are,
without a doubt,
the most

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Knowledgeable
people on the
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world-recognized
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more speed and
endurance than
any other training
tool—but only

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power-based
training techniques

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of elite cyclists and triathletes to everyone. A power meter can unlock more speed and endurance than any other training tool—for those who understand how to interpret their data.

~~Third Edition of
Training and
Racing with a~~

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~~Power Meter~~

Power meters are rapidly becoming an invaluable part of training and racing among professional cyclists and triathletes, amateurs looking for a competitive edge, and gear fiends. For coaches and athletes, these

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devices offer enormous potential for targeting and timing training to realize a rider's goals.

~~Training and
Racing with a
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Hunter Allen~~

By Andrew Coggan
PhD, Hunter Allen,
Stephen McGregor

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PhD. \$ 26.95 \$
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Racing with a
Power Meter brings
the advanced
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The book 'Training and Racing with a Power Meter' by Andrew Coggan and Hunter Allen is targeted at cyclists of all levels that want to learn more about cycling with power. You can

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dimensionless and
adapts to changing
fitness levels (i.e.
your FTP

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A runner should
begin emulating
and training in the
exact conditions
that they expect to

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see on race day if they want to be prepared. For example, if a runner expects a marathon course to contain rolling hills, they should plot out their long run to encounter more hills in training.

~~How To Use Run
Power For Race~~

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it possible to
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incredible
usefulness of the
power meter by
explaining how to
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and weaknesses,
measure fitness
and fatigue, ...

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Review race files to understand if your training has been impactful. The goal of training for the majority of athletes is to prepare for race day. There's more to race day

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than just fitness, but understanding your performance is a start. Take the time to perform an in-depth review of races to look for valuable insights that can also help ...

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Here are some things to help get you started.

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and racing plan
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coaching guru, John Kellogg "JK", that features two hard workouts per week and either...

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In 2006 Hunter Allen and Andy Coggan, PhD, released their first

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edition of Training and Racing with a Power Meter. From one page to a book—my how things had changed in only ten years. They introduced then what has become the most widely accepted methodology for using a power meter in cycling.

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the advanced
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training techniques
of elite cyclists and
triathletes to
everyone. A power
meter can unlock
more speed and

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endurance than
any other training
tool—for those who
understand how to
interpret their data.

Hunter Allen

~~Training and
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Racing and
Training with
Power. 10/18/2019.
The first

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Commercially available cycling power meter debuted nearly 30 years ago. While power meters have changed considerably over the years - becoming, lighter, more accurate, and much more intricate - they remain one of the

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most widely used
and most valuable
training tools in
cycling. ...

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Training with Power
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"Training and
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ultimate guide to
training with
power. Hunter

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Allen and Andrew Coggan are, without a doubt, the most knowledgeable people on the planet when it comes to power meters." Joe Friel, world-recognized endurance sports coach and author of

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~~Training and
Racing with a
Power Meter:
Amazon.co.uk ...~~

There is no right or
wrong answer.

Sharing a run with
a group or on your
own can be very
therapeutic for
your mental and
emotional health. It
lets you release
stress, and the act

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of exercising helps to release the feel-good hormones (endorphins) in our bodies. They call it “runner’s high” for a reason!

Hunter Allen and
Andy Coggan, PhD
have completely
revised the book

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that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can

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Unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented

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insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics.

Training and Racing with a Power Meter makes it possible to exploit the

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explaining how to
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profile strengths
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and weaknesses,
measure fitness
and fatigue,
optimize workouts,
time race
readiness, and race
using power. This
new edition:
Enables athletes to

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predict future
performance and
time peak form
Introduces fatigue
profiling, a new
testing method to
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training plans to
raise functional
threshold power
and time peaks for
race day Offers 75

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power-based
workouts tuned for
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continue to be the
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training techniques of elite cyclists and triathletes to everyone. A power meter can unlock more speed and endurance than any other training tool—but only if you understand the data. This new third edition of Training and Racing with a

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Power Meter
updates the
comprehensive
guide that was last
published almost
10 years ago. Using
this updated guide,
any rider can
exploit the
incredible
usefulness of any
power meter.

Pioneering cycling
coach Hunter Allen

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and exercise physiologists Dr. Andy Coggan and Stephen McGregor show how to use a power meter to find your baseline power data, profile your strengths and weakness, measure fitness and fatigue, optimize your daily workouts, peak for

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Training and set and
adjust your racing
strategy during a
race. New in this
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plans for masters
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triathletes New

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Ed. is the
definitive,
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guide to using a
power meter.

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Armed with the revolutionary techniques from this guide, cyclists and triathletes can achieve lasting improvements and their best performances ever.

“Welcome to what will undoubtedly be a whole new level of athletic performance

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nce.” —Mark Allen,
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the Hawaii
Ironman.

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meter can unlock more speed and endurance than any other training tool-but only if you understand the data. This new third edition of Training and Racing with a Power Meter updates the comprehensive guide that was last

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published almost 10 years ago. Using this updated guide, any rider can exploit the incredible usefulness of any power meter.

Pioneering cycling coach Hunter Allen and exercise physiologists Dr. Andy Coggan and Stephen McGregor

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show how to use a power meter to find your baseline power data, profile your strengths and weakness, measure fitness and fatigue, optimize your daily workouts, peak for races, and set and adjust your racing strategy during a race.

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Training And

The bestselling author of *80/20 Running* and *How Bad Do You Want It?* reveals his inspiring and surprising journey to see just how fast he can go. Matt Fitzgerald has been running (and writing about running) for most

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of his adult life. But, like many passionate amateur runners, he never felt he was quite fulfilling his potential. If he follows the training, nutrition, and lifestyle of an elite runner, just how fast could he go? In his mid-forties, Matt at last has the

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freedom to do nothing but train, if only for the span of one summer. The time is now. He convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national

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champions and Olympic hopefuls in the running mecca of Flagstaff, Arizona, leading in to the Chicago Marathon. The results completely redefined Matt's notion of what is possible, not only for himself but for any runner. Filled with a vibrant cast

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of characters, rigorous and quad-torching training, and a large dose of self-deprecating humor, Matt's gripping account of his "fake pro runner" experience allows us to partake in the dream of having the chance to go all the way. Yet for the

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gifted young runners. Matt trains with, it's not a dream but concrete reality, and their individual stories enrich this inspiring narrative. Running the Dream pulls us into the rarified world of professional running in a way we can all relate to,

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regardless of speed, and to take away pieces of one man's amazing journey to try to achieve our own potential.

USA-Triathlon, the national governing body for multi-sport racing, is committed to fostering the

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duathlon as the organization's "growth sport."

With the full backing of USA-Triathlon—including sections on duathlon history and the forthcoming USA-T program for promoting duathlon—author Steven Jonas has

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penning the first modern guide for the aspiring multi-sport racer who cannot or simply doesn't want to swim. Well known for his original ground-breaking book Triathloning for Ordinary Mortals, which has sold nearly 50,000 copies in two

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editions, and his USA-Triathlon Life column "Ordinary Mortals ®: Talking Triathlon with Steve Jonas," the author covers: how the run-bike-run duathlon works; how to have fun, get and stay fit, and promote your health doing duathlons; the

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training principles and programs for races of varying lengths, from starting from scratch to Doin' the Du on a regular basis throughout the season, centered on a series of 13-week training programs; finding and choosing your

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Training; the basic techniques of running, cycling and fast walking (which can be used on the run legs in both duathlon and triathlon); equipment; race planning and racing; and duathlon as part of a total program for healthy living. This

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book provides a
wealth of
knowledge and
inspiration from a
29-season multi-
sport racer, a
prolific author on
the subject, who is
also a physician
and professor of
preventive
medicine.

This practical book
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is aimed at all greyhound enthusiasts and will be of help to the more experienced professional trainer as well as the novice handler. The physical stresses of racing mean that every greyhound will, at some point, sustain some form

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of injury and it is therefore essential that the greyhound handler has some knowledge of injuries.

Accordingly, the author places a strong emphasis on injury prevention, diagnosis, treatment and rehabilitation.

Contents include:

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Choosing your first
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aspects of training;
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Breeding, rearing
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Exercising, the
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Feeding; Examining
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ailments and
serious illnesses;
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and the skill of
massage; Retired
greyhounds. This
wide-ranging and
practical book is
aimed at all
greyhound
enthusiasts
including those
who train and race

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them, care for them or own them as pets. Fully illustrated with 69 colour photographs and 20 drawings.

Obstacle Race
Training Bible
provides readers
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everything they
need to know to
prepare for and
successfully

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or regional obstacle
races that are
taking the world by
storm. All of these
races combine

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Running various
distances and
terrain with hard-
core obstacles that
are both physically
and mentally
challenging:
climbing through
pitch-black flooded
tubes and over
walls, carrying logs
uphill, traversing
monkey bars,
crawling through

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leaping over
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burning hay bales,
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swimming in ice
Hunter Allen
cold water,
navigating through
live wires, and
more. This
combination of
running and
obstacles is what
gives participants a
very different kind

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of challenge than they get with a 5K, marathon, or triathlon. It's a combination that also requires a very different approach to training and preparation, and that's what this book provides.

Coverage includes:

- Profiles of all the major races:

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Training distance,
obstacles involved,
completion
percentage, fitness
level required, etc.

- Obstacle
overviews,
including photos of
what they look like,
the mental and
physical challenges
involved, and the
most effective
strategies for

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completing them -
Obstacle-specific
exercises that
condition

participants for the
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needed to
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complete novices,

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elite athletes, and everyone in between. Important information on what to wear, nutrition during training, and race day strategies.

From the personal tragedy of a stillbirth to an Ironman and beyond, author and

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stay-at-home mom
of five children
Mette Ivie Harrison
learned life lessons
about accepting
herself, moving
forward, pushing to
become better, and
bringing her family
along the
way—sometimes
kicking and
screaming. In this
riveting and

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Inspiring first-person story of going from couch potato to nationally ranked triathlete, Mette shares her experience training and racing with her family. She explores how to manage a busy family, how to ignore the things that don't matter,

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and how to focus on goals that create a stronger you and a stronger family. She shares how racing can be a vacation, how racing with your children strengthens your family bond and how, when you think you've hit your wall, whether

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In parenthood or during hour twelve in a triathlon, how you can push through and succeed. Part memoir, part manual, and all family, this incredible story of how one mom chose to remake her life and her family will inspire

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you to achieve
greater heights.
Racing With A

Power Meter

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