

World Deaf Cycling Championships and Ergomo

presents:

Power Training Clinic

by Hunter Allen, Co-Author of the new book, "Training and Racing with a Power Meter" and one of the world's experts on training with power

May 19-21, 2006 - Fremont, California

**Proceeds to go to World Deaf Cycling Championships*

● **FIRST 10 Athletes get to use an ergomo!**

Weekend Power Meter 101 Seminar: *Training and Racing with a Power Meter*

Friday Evening, 6:30pm- 8:30pm - **Power meter Basics**

- Why train with a power meter?
- Power tools: Which one is right for me?
- Threshold Power: How to find it?
- Training Levels Determination and sample workouts in each.
- Power Profiling: What are your strengths and weaknesses?
- How to begin training with your power meter

Saturday Morning, 8:00am- 11:00am - **Group Ride with power meters**

- Testing: Let's find out your Threshold Power and Power Profile!
- Proper set up of your power meter
- Pacing techniques
- "Race Winning" Intervals
- Usage of kJ for nutrition consumption

Saturday Afternoon, 1:00pm- 5:00pm - **Power Meter download and analysis**

- 20 minute individual appointments
- Analysis of your ride
- Setup of your Training Levels
- Your Power Profile

Sunday Morning - 9:00- 11:30 am - **Advanced Power Meter Concepts**

- Training Stress Score and Intensity Factor
- Quadrant analysis
- In depth tutorial on CyclingPeaks Software



SAN FRANCISCO
19-24 June 2006



12th World Deaf Cycling Championships

WHERE:

CALIFORNIA SCHOOL FOR THE DEAF
39350 Gallaudet Drive
Fremont, CA 94538

COST:

\$180.00 PER ATHLETE

WHY YOU WANT TO ATTEND:

LEARN FROM HUNTER ALLEN, CO-DEVELOPER OF CYCLINGPEAKS SOFTWARE, ELITE CYCLING COACH AND AN EXPERT ON POWER TRAINING. SET UP YOUR TRAINING LEVELS AND GO HOME WITH KNOWLEDGE ON HOW BEST TO TRAIN WITH A POWER METER.

ERGOMO DEMO:

AVAILABLE TO THE FIRST 10 REGISTRANTS. UNITS AVAILABLE AT A DISCOUNT AFTER THE WEEKEND.

PROCEEDS TO GO TO WORLD DEAF CYCLING CHAMPIONSHIPS - JUNE 19 TO 24, 2006.

TO REGISTER:

https://www.sportsbaseonline.com/Item.aspx?item_id=1059

FOR MORE INFORMATION:

<http://www.usdeafsports.org/2006cycling/powertraining>

CONTACT:

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** Ergomo units only compatible with*