

The Complete Guide To Power Training

A Comprehensive Resource For Indoor Cycling Instructors and Riders

245 Pages 250 Photos
 12 Downloadable Forms & Spreadsheets
 3 Downloadable Charts/ Animations
 7 Videos/ Animations
 12 Tables & 14 Graphs

Current Content

In a word, the content contained in this Compendium of Power Training is **TIMELY**. There is a revolution happening in the indoor cycling arena and it's name is **POWER**.

13 Different Bike Manufacturers including 10 At-Home models have been compiled with all the essential information to make choosing your next bike more efficient than you could imagine

Each one with direct links to their websites, full spec sheets, and even interactivity for a few models as well.



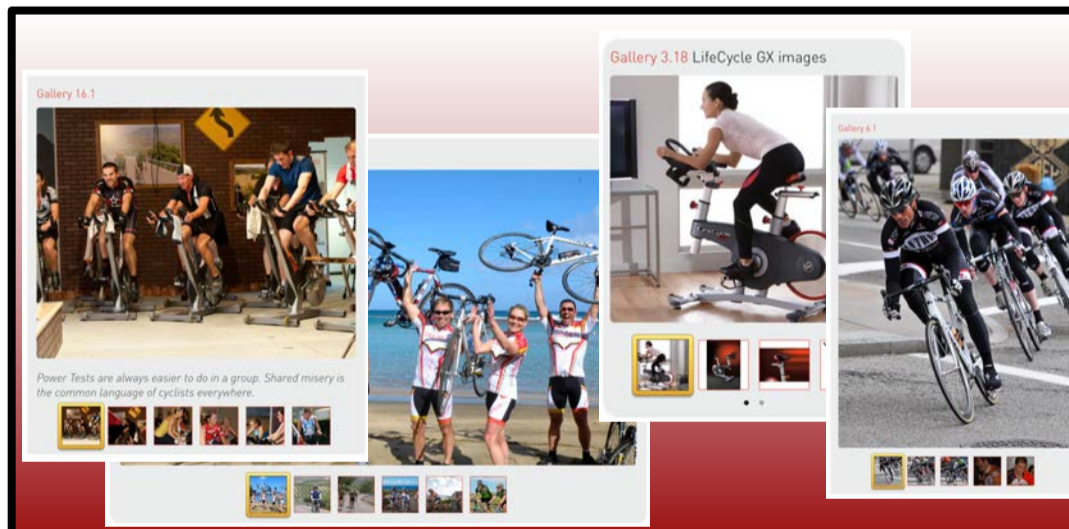
Computer Consoles

A few short years ago all we had was a red resistance knob, now we have power, heart rate, cadence, and a slew of other options. Check out the default & optional screens as well as who can output the data for your workouts and who are still finding "working on it".

Three Critical Charts

Whether you are an Indoor Cycling Instructor, an Outdoor Cycling Coach or just someone who likes to structure their own workouts, you will want these charts.

Power Zones, Power Required for Climbing and the Heart Zones® + Cadence Matrix (the Rosetta Stone for creating specific drills on the bike) are indispensable teaching and training tools



Powerful Pics

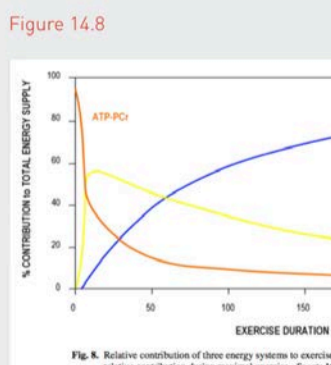
Over 250 high def photos that serve to demonstrate specific principles or to simply motivate you to pursue different aspects of power training or cycling related training.

Summary Points, Charts & Graphs

Everything you need to learn, apply, measure and teach Power Training is contained in the Compendium of Power Training for Indoor Cycling.

Not only are there concise summary points for both riders/students as well as instructors, but there are data collection tools and spreadsheets that are able to be downloaded for free - included as part of the purchase price of the book.

- ★ DO direct your class with ranges of watts/lb, rather than single target levels.
- ★ DO make a point to establish in each power zone before even power classes. Having rider to know how to follow



Source: Sports Medicine 321(10):725-4 striking thing here is how high a contrib first ten seconds or so, and how rapidly

Chart 12.11		Zone 2		Zone 2	
40 Minutes	Steady State Heart Rate Test	Target HR	Rider Weight	Assigned Bike	Final Power

Chart 12.12		Zone 3		Zone 3 Efficiency Test					
30 Minutes	Steady State Heart Rate Test	Target HR	Rider Weight	Assigned Bike	Final Power	Average Power	Average Heart Rate	Watts/LB	Watts/BMP

BREAK-AWAY TAKE-AWAYS

Power Training really is for everyone. While it's a given that the outdoor cyclist should be thrilled to begin training with power, the indoor-only rider should also find lots of reasons to fall in love with power. First and foremost will be the ability to keep oneself challenged and motivated and avoid the dreadful fitness plateau.

POWER NOTES TO INSTRUCTORS

If you want to motivate your class to embrace power training, you will need to get a firm handle on why YOU want to train with power. Do this not because you want them to adopt the same reasons, but because making it real with your own goals and real life anecdotes will be what inspires them to find a reason of their own.