



# Training with Power Meters

*Louis Passfield*

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**Training with Power Meters** Louis Passfield

**Power meters are the ultimate tool for cyclists in training, and here they can learn how best to use them**

The last quarter of a century has seen major developments in the world of cycling. Heart-rate monitors, GPS, and smartphone apps are used by riders of all abilities up and down the country as part of their training program, 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, he 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.

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