



TRAINING COURSE

Learn the basics of training with power to better achieve your goals.



Up to 25% off
PowerTap

The Bike Hub, Mc Williams Training, LLC and Green Bay Multisport

The Bemis Center @ St. Norbert's College
299 Third St. De Pere, WI 54115

Friday, February 10, 2012

6pm - 8pm

(Please arrive 10 minutes early)

Featuring CycleOps Master Instructor
Angie Sturtevant

COURSE TOPICS

- Power Defined
- Power Measurement
- Cycling Physiology
- Power vs. Heart Rate
- Principles of Training with Power
- Training Applications
- Workout Examples

WHO SHOULD ATTEND

- Cyclists of all levels
- Triathletes
- Coaches
- Bike shop employees

Questions? Contact Brian McWilliams -
brian@mcwilliamstraining.com

WHY TRAIN WITH POWER?

To establish an objective frame of reference that guides the intuitive child within. Think about it. Training is for the most part a self-regulating process. Train too hard and your performance declines...train too little and there is no performance. But what is too hard...and what is too little? At its core a power meter is simply a way to measure what hard is – a way to quantify your training and racing load. From there each individual needs to make their own associations between that training load and their desired performance, whether it be feeling better about life or winning a national championship. The interesting thing about a power meter is that I really do believe that it helps riders learn how to train more by feel – to understand what the demands of racing are and to learn if their matching those demands in training. Power is a common language for riders, coaches, and scientists and the PowerTap should be thought of as a tool to help simplify the process not complicate it. Ultimately, you wouldn't build a house without a tape measure or cook a turkey without a thermometer. The same goes with a power meter and training. That all said, keep the analysis and metrics simple – average power, total energy expended, duration, and a breakdown of time in three intensity zones (less than hard, hard to very hard, and very hard to max) should suffice. If you can consistently weight these metrics to your own story – where you rode, how you felt, and what you experienced – then you're sure to grow and improve as a cyclist.

