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Training & Racing with a Power Meter is packed with 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 Racing with a Power Meter is the ultimate guide to training with power. Hunter 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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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 devices offer enormous potential for targeting and timing training to realize a rider's goals.

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A runner should begin emulating and training in the exact conditions that they expect to 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 Specific Training ...~~

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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 than just fitness, but understanding your

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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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Training for a race can be challenging when you're living with Crohn's disease, but a few tips and tricks can make it easier. Here are some things to help get you started.

## ~~Racing with Crohn's Disease — Healthline~~

Welcome to Sound Training & Racing. Get in touch. 6030 California Ave SW. Seattle, WA 98136 (206) 486-4589. [soundtrainingandracing@gmail.com](mailto:soundtrainingandracing@gmail.com). Stay in touch. Email address: Leave this field empty if you're human: Proudly powered by WordPress | Theme: Sydney by aThemes. ...

## ~~HOME — Sound Training and Racing~~

The program is a nine-week training and racing plan based on the LetsRun.com Training Principles made famous by coaching guru, John Kellogg "JK", that features two hard workouts per week and either...

## ~~Fall Training and Racing Program — Was Your Cross Country ...~~

In 2006 Hunter Allen and Andy Coggan, PhD, released their first 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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~~Training and Racing With A Power Meter Third Edition~~

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Racing and Training with Power. 10/18/2019. The first 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 most widely used and most valuable training tools in cycling. ...

~~Racing and Training with Power—Shimano~~

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

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