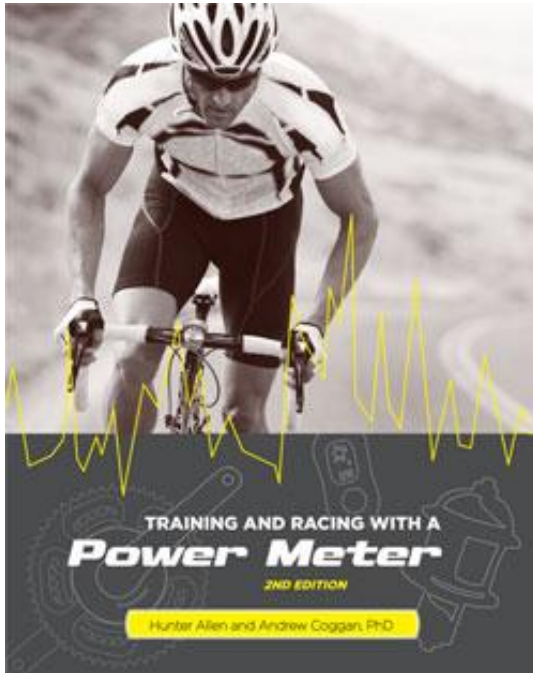




# Power Training. Powerful Results! **PEAKS COACHING GROUP**

## Cycling Experts Update *Training and Racing with a Power Meter*



**Boulder, CO, USA — April 26, 2010** — Hunter Allen and Andy Coggan, the world's leading experts on the use of power meters in cycling training and racing, have updated their bestselling book, *Training and Racing with a Power Meter*. Allen and Coggan have completely revised and updated the book, which made power meters understandable for amateur and professional cyclists and triathletes. *Training and Racing with a Power Meter, 2nd Ed.* will be available in bookstores, bike and tri shops, and online in late April.

For cyclists and triathletes who understand how to use them, no training tool unlocks speed and endurance better than a power meter. In just a few years, power meters have become essential for competitive cyclists and triathletes. Cyclists using a power meter can tell exactly how much energy they are expending, which gives them unprecedented insight into their abilities and unmatched control over strategy, pacing, and tactics during races.

*Training and Racing with a Power Meter, 2nd Ed.* makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This edition:

- Enables athletes to analyze their data and accurately predict future performance
- Introduces fatigue profiling, a new testing method to pinpoint weaknesses
- Includes two training plans to raise functional threshold power and time peaks for race day
- Offers 65 power-based workouts tuned for specific training goals

This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout.

*Training and Racing with a Power Meter, 2nd Ed.*, will continue to be the definitive guide to the most important training tool ever developed for endurance sports. To review the table of contents and a sample, please visit [velopress.com](http://velopress.com).

In conjunction with the release of the 2<sup>nd</sup> edition, **Hunter Allen and Dr. Andrew Coggan will be hosting a new blog site** featuring reference articles, commentary and narratives about all things power training. Please visit and join at [www.trainingandracingwithapowermeter.com](http://www.trainingandracingwithapowermeter.com)

**Hunter Allen** is considered one of the world's top experts in training with power meters. He is the co-developer of TrainingPeaks WKO+, software which he has used to analyze over 3,000 power meter files. Allen is a USA Cycling elite-certified coach. He raced professionally for over 17 years. **Andrew Coggan, Ph.D.**, is an internationally recognized exercise physiologist. His research provided the foundation for the TrainingPeaks WKO+ software, which he co-developed with Allen. Coggan is a research associate at Washington University School of Medicine. He holds a Ph.D. in Exercise Physiology from the University of Texas and an M.S. in Human Bioenergetics from Ball State University.