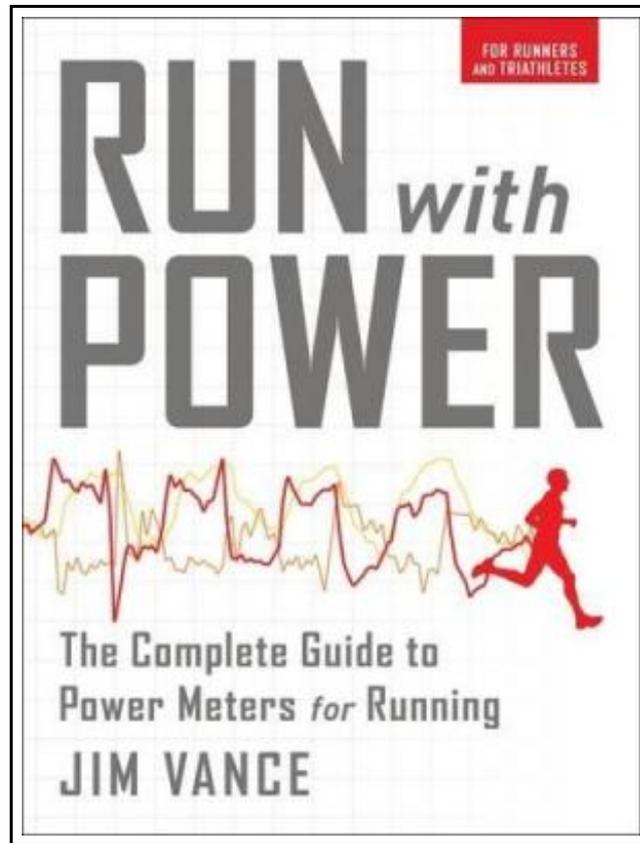


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Reviews

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RUN WITH POWER: THE COMPLETE GUIDE TO POWER METERS FOR RUNNING (PAPERBACK)



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VELOPRESS, United States, 2016. Paperback. Book Condition: New. 201 x 150 mm. Language: English . Brand New Book. RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. Run with Power demystifies the data and vocabulary so you can find and understand your most important numbers. You ll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. Run with Power will revolutionize how you train and race. Armed with Vance s guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you re training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete.If you re just glancing at the number on your wrist or computer monitor, you ve got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to...



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