

Introduction to Power

Training and racing with power can help take your training and racing to a new level. However, there are multiple things you need to know prior to jumping into power:

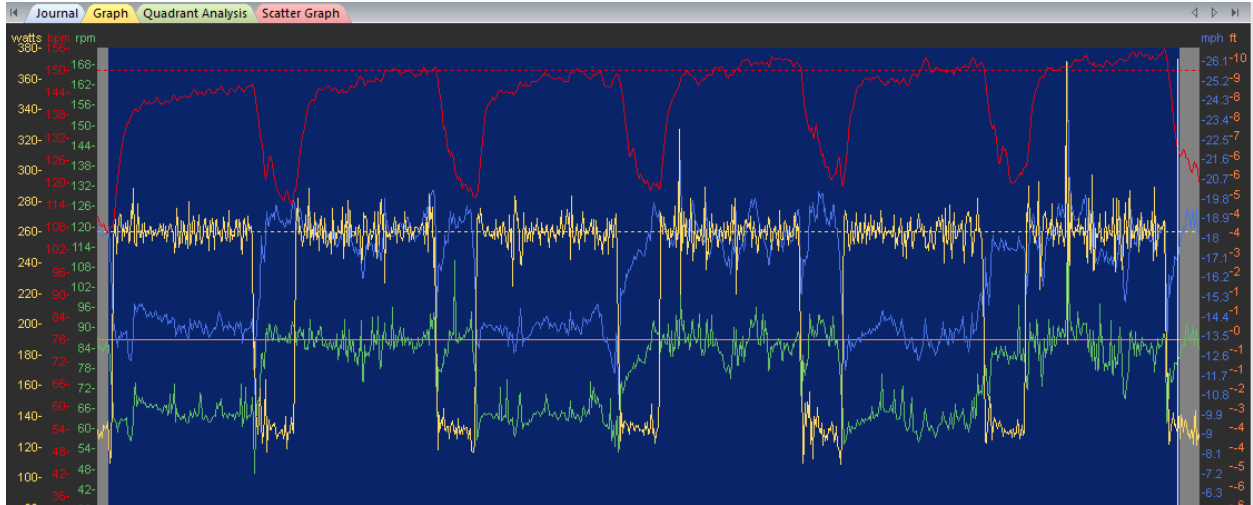
1) Power is instant. You will notice it bounces around a lot. To help you gauge this number better, it is best to take your average power for 3 second, 30 second, and for intervals. To do that, set up one of your Garmin screens with the following info on it:

- Lap Time
- Lap Avg Power
- 3 second avg power
- 30 second avg power
- HR
- Cadence

By setting these numbers up, it will help you gauge your current power output and help you monitor what you need to change to help pace yourself better for it.

2) Pacing: when using power, you will want to try to hit the average power in the zones I prescribe for a given effort. I.E. If a workout gives you 4 x 2 min intervals in Zone 5, then look at your power zones in Zone 5 and shoot to hit those numbers. Ideally, for a given interval, you want to try to maintain a steady power effort for the entire duration. I.E. Start at 300 watts and end at 300 watts.

Here's a graph(see below) of what a good set of paced intervals with power looks like. Pay close attention to the yellow line, power, and the HR line, red. You will notice that the yellow line is very steady, however, the HR steadily rises. That is a very good paced effort! When you look at your own pacing for a day of using power, you should see a similar trend: slowly rising HR, steady power.



That's the basics from there. On top of this, make sure you upload all your data to Training Peaks. Without it uploaded, it is useless to me and I can't give you effective feedback on how your power meter training is going.