

INTRODUCTION

To say I was pleasantly surprised at the success of my first book, *Scientific Training for Triathletes*, would be an understatement. It began as a grass roots effort to educate athletes about the function of their bodies. I figured I would sell a couple of copies to a few like-minded coaches, and that would be the end of it. Three years later, we have been through seven reprints, and sales of *Scientific Training for Triathletes* continue to increase every month! I like to think this is indicative of a collective hunger for trustworthy information about smart, healthy training.

Perhaps somewhat surprisingly, this isn't a textbook about bicycle power meters. Power-based training is a way of *thinking*, and not just something you do with a particular tool. It is a way of learning to think in terms of how much work you do, and how fast you do that work. This is important, because your body responds to those things very specifically. Once you understand the interplay of work and work rate, you will be able to analyze your past training and then plan future training with very specific results in mind.

That said, power training gets a lot easier when you have a few tools. Each of us has looked at a friend with a bicycle power measuring device and experienced some degree of "gear envy". The question is not, "Do I want one of those?" Of course you do. You also want, the shiny new GPS unit and that crazy looking stop-watch with twenty buttons on it. The real question is, "Will one of these devices make me train better and help me improve my performance?"

The answer to that question is a qualified yes. I say qualified because you must be willing to take the time to understand the data the power meter, GPS, or stopwatch is providing to you, and then be willing to act on that information in order to improve your training. If you aren't, save your money.

Much like *Scientific Training for Triathletes*, this book is about evidence-based training. What I mean by this is that there is no voodoo here. As much as is possible, everything I will relate to you is based upon published scientific research. Anything that represents my own educated opinion will be labelled as such. I do this because the scientific thought process informs my ideas, and I always want it to be clear where those ideas come from. I want you to have the opportunity to go back to the original sources of the data and evaluate it yourself. Do you believe it, or not? Do you think the authors made errors, or are they on top of their game? Sure, those guys are usually pretty smart, but so are you. Thinking critically will make you a better athlete or coach. Maybe you will come up with even better ideas!

It is my hope that *The Triathlete's Guide to Training with Power* will enable you to take your training and racing to the next level, and find that new elusive PR. At the end of the day, it is not about fancy supplements or fad training techniques. It is about hard work, using the best tools available, and rigorously applying the muscle between your ears. You can do it. This book is going to help.