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Advantages of Training with a Power Meter

Power meters are now one of the most important training tools a competitive cyclist can have. Countless coaches and riders are now realizing that the accuracy and training benefits gained from training with a power meter are indispensable. With the help of a coach or an experienced rider, one can use the information gained from a power meter to reach new levels in their training and racing.

A huge advantage gained from training with a power meter is its ability to motivate the rider. As performance increases are realized and easily seen using the simple readouts of a power meter, these gains only feed the rider's ambition. It may also help one see performance gains in the face of adverse training conditions. For example, if a rider finds that he has a particularly bad day on his local group ride, he can see if it was really him having a poor performance, or if it was other riders having a particularly good day. The use of power meters can help a rider have a level head and a steady training program as they benefit from having a true picture of their developing fitness.

The performance assessment ability gained from the use of a power meter is unprecedented. The accuracy of the power meter is honest and made clear to

any rider. If a rider is able to put out more power over time, the rider knows he or she is stronger. It was not long ago when riders had to rely on the interpretation of a heart rate monitor, where variation in one's heart rate was subject not just to his or her fitness, but the weather and riding conditions. Cross-test comparisons of power to heart rate now give the rider an even deeper insight into one's ability to train and recover. This information is being developed and understood to a level that almost completely takes any guesswork or doubt out of training and racing.

Your communication with a coach or peer is clarified. You can have a direct line of communication with your coach. The ability to email power files makes a person completely accountable for their ride. The coach or peer can see exactly what the rider has accomplished on the ride. No amount of communication or description via any other medium provides such a clear view of a workout or ride. This brings the relationship with the rider's coach to a whole new level, and provides both parties with valuable information.

These points are just a select few of very many other advantages a power meter can provide. If someone is serious about riding faster and wants to make a huge jump in their ability to makes themselves stronger, one of the most valuable things he or she can do is to make the investment in a power meter. With the help of an experienced coach or peer, one can reap full rewards from their new training tool.

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