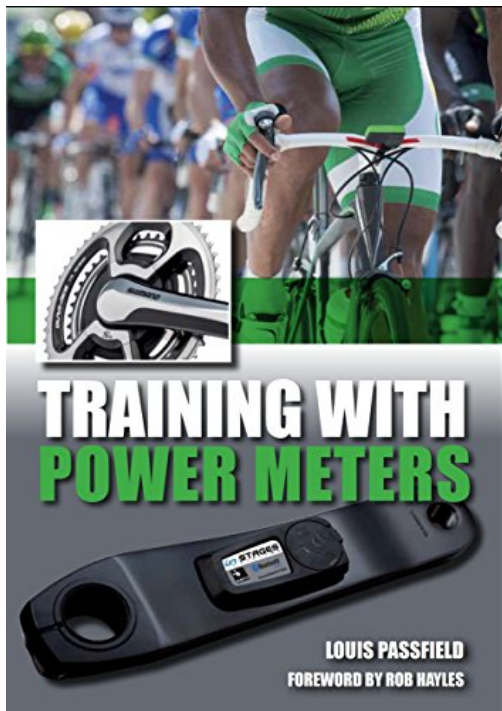


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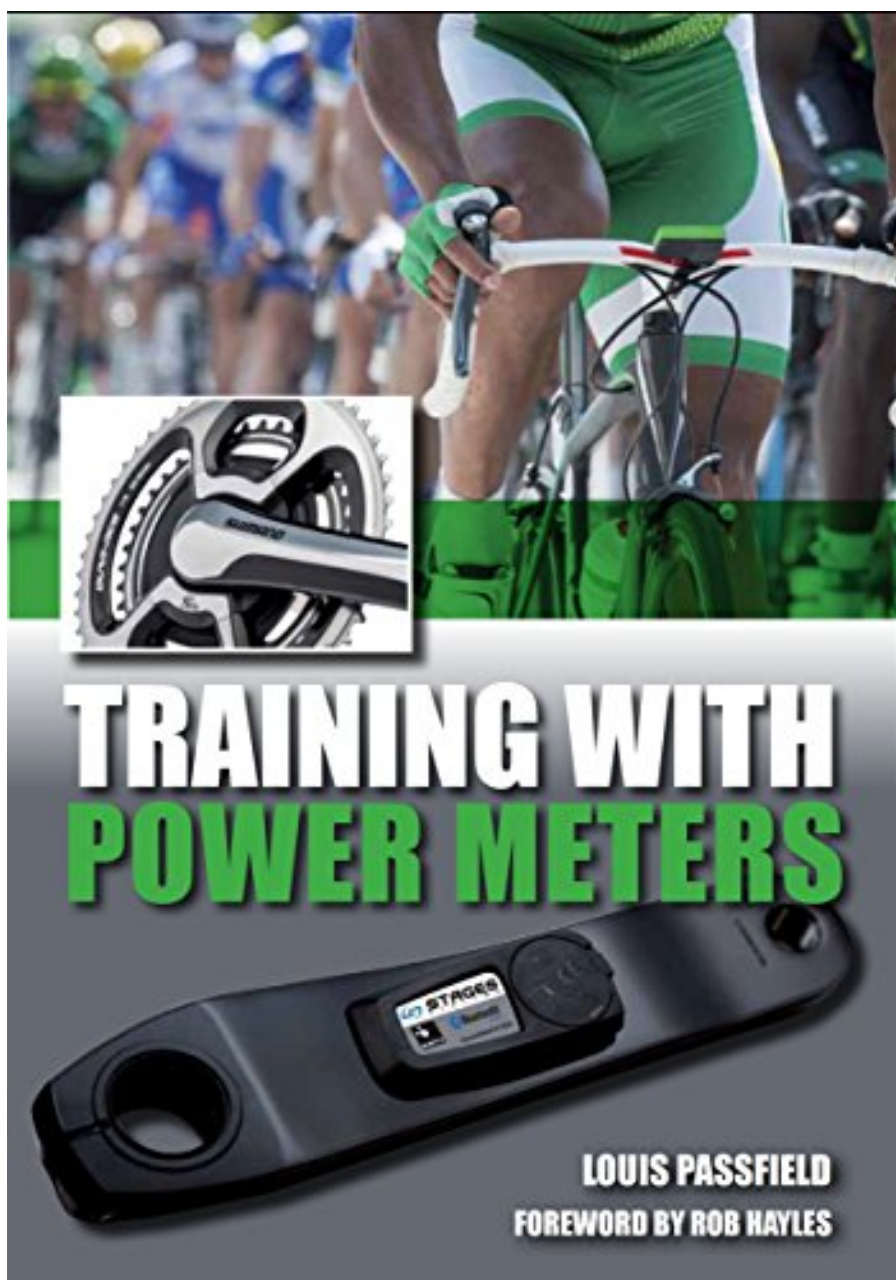
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Review

One of the major factors in British Cycling's success has been its strong coaching and scientific input and the use of power meters has been central to this. Louis was the first person I knew to start working with a power meter. In this book he uses this scientific and coaching experience to explain clearly and simply how to get the best out of yourself by training with a power meter. -- Rob Hayles, winner of two track cycling World titles and three Olympic medals.

About the Author

Louis Passfield is an applied sports scientist and an academic with expertise in training and elite performance. He is a consultant for the English Institute of Sport and has worked as sports scientist with the British Cycling team preparing for a number of Olympic Games. Rob Hayles is an Olympic track and road racing champion cyclist.

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