

TECHNICAL SEMINARS

Velodynamics is pleased to offer the following seminars for competitive and performance road cyclists. Each of these Microsoft® PowerPoint™ multimedia presentations includes more than 80 slides (text, still photos, and graphs), and is followed by a question-and-answer period and/or panel discussion. Each session is worth 0.25 category “A” CEU credits for USA Cycling™ certified coaches.

An introduction to power-based training

Power-based training has actually been around for decades, but has grown increasingly popular in recent years among road racers and triathletes alike, as on-bike power-measuring systems have gotten more affordable, and analytical tools have become more robust and sophisticated.

This program will provide an introduction to power-based training – what it is, its benefits and drawbacks, the various power-measuring systems on the market, along with practical tips on using a power meter for training, testing, racing, and evaluation of training load.

Getting the most from your power-measuring system

This presentation builds on the previous one, but can also be attended as a “stand-alone” event, and should be helpful to *any* competitive/performance rider, not just those with power meters. After an overview of the underlying physiological principles of endurance training, the application of power information to your training and racing will be explained.

Technical aspects of road time trialing

In this session, road time trialing will be discussed in depth, including aerodynamics, positioning, equipment, pacing, and preparation.

Each program lasts approximately 2½ hours. Admission is open to the public on a first-come first-served basis, by advance registration **only**, with an attendance limit of 35 per seminar.

For more information call (440) 235-4458, or e-mail velodynamics@yahoo.com.



ABOUT THE PRESENTOR *Charles Howe has been involved in the sport of cycling since 1973 in numerous capacities, including tour director, race promoter and official (road, Cat. 2), club officer, and even (gasp!) recreational/competitive rider. A strong proponent of power-based training, his interest in cycling power output dates to the early 1990s, when he wrote a brief article which modeled the effect of weight reductions on bicycle performance for the now-defunct Cycling Science magazine. As a member of the [wattage forum at topica.com](http://wattageforum.atopica.com), he has written an [FAQ on power-based training](#), as well as a free on-line training guide. After advising riders informally for several years, Howe founded Velodynamics in 2005 to meet increased requests for technical assistance.*