

Masters of Power

An Advanced Power-Based Training Clinic

Sunday, August 20, 2006
New York, NY






Watching a power meter is easy, but mastering its use can be challenging. This advanced clinic will make you a master. This seminar will discuss the management and analysis of power-based training data intended for self-coached athletes who have been using a powermeter or coaches already familiar with powermeters and setting up power-based training plans.

Leading the clinic will be professional **POWER-BASED** coaches **Frank Overton** and **John Verheul**.

Frank has been racing & training with power since 2000 while juggling a career as a molecular biologist and a part time cycling coach. Since 2004, he has been a full-time coach and has been a contributor to Pez Cycling News and VeloNews. He is currently the team coach for the Priority Health pro cycling team. Frank can be found at www.fascatcoaching.com.

A racer since 1986, John has been a full-time coach and power user since 2001. John is a USAC Level 1 (elite) licensed coach, and has written training articles for Velo News and bike.com, among others. John currently coaches members of the Jelly Belly pro cycling team, the TIAA CREF pro cycling team, the Team 5280/esoles.com development team, and he's the team coach for the TIAA CREF/Clif Bar cyclo-cross team. He has also coached riders through IM and 1/2 IM distance triathlons using power. John can be found at www.jbvcoaching.com.

The clinic includes:

-  **Powermeter "anti-hype" -- what to do with files.**
-  **TSTWKT - What it is and how to use it.**
-  **Top three things you should do with your PM.**
-  **Quantifying training load.**
-  **A power-based performance model (using TSS)**

Register at www.bikereg.com

WHERE:

The clinic will take place at the Masonic Building, 71 West 23rd Street, New York, NY

WHEN:

Sunday, August 20, 2006.

The clinic will run from 12-6pm. Lunch is included. Easily accessible via public transit, easy on-street and garage parking. Bike rack in front of building.

COST:

The cost of the clinic is \$140 (limit 50 participants). The fee will increase to \$150 on July 18. After August 1, \$160.

Pre-registration is strongly encouraged as the clinic will be canceled if less than 25 participants have registered by July 18, 2006.

No "walk-up" registration.

For more information go to www.jbvcoaching.com