

The Price of Power

Featuring Frank Overton and John Verheul

WHAT:

This is an advanced clinic discussing the management and analysis of power based training data intended for self-coached athletes or coaches familiar with powermeters and setting up training plans.

Discussions include:

- +Powermeter anti-Hype: What to do with your files
- +TSTWKT (Training Manager) Teaching...What is it and how to use it
- +What is the Training Stress Score (TSS) & How to Use It
- +Top 3 things you should do with your Powermeter
- +Quantifying your training load
- +A Power Based Performance Model - Managing your training using TSS

WHEN:

Saturday, May 13, 2006
10am until 4pm
Lunch Provided

WHERE:

2875 Presidential Drive
Suite 180
Fairborn, OH (suburb of Dayton)

DIRECTIONS:

Directions from Cincinnati
75 North toward Dayton
Merge onto I-675 N via EXIT 43 toward COLUMBUS
Take EXIT 15 toward W.P.A.F.B. AREA B / COL GLENN HWY.
Take the COL. GLENN HWY. ramp.
Turn LEFT onto COLONEL GLENN HWY
Turn RIGHT onto EXECUTIVE PARK BLVD
Turn LEFT onto PRESIDENTIAL DR

Directions from Columbus
70 West toward Dayton
Merge onto I-675 S via EXIT 44 toward FAIRBORN / CINCINNATI
Take the N FAIRFIELD RD exit- EXIT 17.
Turn RIGHT onto N FAIRFIELD RD / VETERAN'S MEMORIAL PKWY
Turn LEFT onto COLONEL GLENN HWY
Turn LEFT onto CENTER PARK BLVD.
Turn RIGHT onto PRESIDENTIAL DR

WHO:

Frank Overton (www.fascatcoaching.com) has been a powermeter user since 2000 and a bike racer since his graduate school days in 1996. Before committing to a full time coaching career in 2004, Frank had been a part time coach and a full time molecular biologist at various biotechnology companies in Boulder, CO. Working by day and training by night, Frank upgraded from a Cat 4 to a Cat 1, Sport Class to Semi-Pro utilizing a powermeter to maximize his limited training time. Since 2003, Frank wrote numerous power based training tips for PEZ Cycling News and most recently for VeloNews. In 2006 he serves as the team coach for the Priority Health Professional Cycling Team.

John Verheul (www.jbvcoaching.com) is the president of JBV Coaching. He has been a full time, professional coach since 2001, is USAC level 1 (elite) certified, and has been racing since 1986. He has worked with literally hundreds of riders in that time at various levels, most of them with powermeters. John was a beta tester for Andy Coggan's Normalized Power algorithm (the basis of IF and TSS), and is currently a beta tester for Training Manager. John has written training articles for Bike.com, the Performance Newsletter, and most recently VeloNews. In his spare time John still races road and cyclo-cross in the Rocky Mountains, in 2005 he was the team coach for the TIAA-CREF/Clif Bar Cyclocross team, and currently coaches members of the Jelly Belly Professional Cycling Team, as well as Team 5280/esoles.com.

HOW:

Contacts:
Dan Tille of Team I Pro Dan's PH 314.814.3187
Matt Bell of Darkhorse Racing Matt's PH 513.602.5159
trainingwithpower@hotmail.com

WHY:

To better utilize your limited training time using a power meter through proper analysis. Because Dan and Matt can't afford or convince Frank or John to come here on their own. But mostly to gain a greater understanding of power based training and learn from the best in the biz.

COST:

\$125 Limited to 50 participants.
Need 25 registered by Monday, May 1, 2006
Registration on Bikereg.com Registration closes May 1, 2006



Search for "The Price of Power" on BikeReg.com

INFO:

For hotel information or other inquiries:
Please contact Dan or Matt at trainingwithpower@hotmail.com
For Detroit, Indianapolis or Airport directions please contact us.
USA CYCLING Certified Coaches receive 0.5 CEU Credit for attending.