



# Run with Power: The Complete Guide to Power Meters for Running

By Jim Vance

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**Run with Power: The Complete Guide to Power Meters for Running** By Jim Vance

**RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter.** From 5K to ultramarathon, a power meter can make you faster?but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In *Run with Power*, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want.

*Run with Power* demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively.

*Run with Power* will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete.

If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. *Run with Power* introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance.

**Key concepts explored in *Run with Power*:** 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt,

Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

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### Editorial Review

#### Review

“As advanced technology becomes available for runners, the opportunity to get a step on the competition increases dramatically for the early adopters. The runner’s power meter is the latest example of that. It’s a complex tool, but one with great potential for enhancing performance. There’s no one better to help you understand running with power than Jim Vance. I’ve worked closely with Jim for nearly a decade, and he’s one the sharpest coaches I’ve ever known. I highly recommend his book *Run with Power* to runners who want to get an edge.” ? **Joe Friel, founder of TrainingBible Coaching, cofounder of TrainingPeaks, and author of *The Triathlete’s Training Bible* and *The Power Meter Handbook***

“Power might be the ultimate training metric for runners. Power meters for running could be a game-changing breakthrough.” ? *Competitor magazine*

“Chasing watts has been a revelation. Power is the only feedback...that’s dead simple and actionable mid-gallop...The perfect recipe for improvement.” ? **Wired**

“The power meter is the next evolution for running.” ? **Craig Alexander, 5-time Ironman World Champion**

“Running power is a simple metric for all kinds of runners to understand every key aspect of running?performance, running form, and efficiency.” ? **Danny Abshire, cofounder of Newton Running and author of *Natural Running***

“The power meter changed the way cyclists train. It will do the same thing for running.” ? **Allen Lim, elite cycling coach and cofounder of Skcratch Labs**

“The art and science of using power for run training are still very much in their infancy, but coach Jim Vance spells it all out in the first detailed book on the subject...His 352-page book can give insights to unlocking performance breakthroughs for technically inclined runners of any ability level.” ? *Competitor*

“I highly recommend reading Jim Vance’s new book *Run with Power*. Knowledge is power, and power is going to revolutionize how we run.” ? **Coach Jenny Hadfield, coauthor of *Running for Mortals* and *Marathoning for Mortals***

“*Run with Power* was penned to explain what data you actually need when using a power and how to analyze it to get faster.” ? *LAVA magazine*

“The first and only comprehensive guide to using wearable power meters. Vance explains the key numbers, what they mean, how to train and race with power, and how to improve efficiency.” ? *Triathlete magazine*

“Training with power has been the key to my success in cycling. To have that in running is a total game changer.” ? **Mary Beth Ellis, 8-time Ironman Champion**

“It looks like the future has arrived, a power meter for runners will advance training methods by decades.” ? **Dirk Friel, cofounder of TrainingPeaks**

“The holy grail in running has been to discover such a factor ? measuring power in running as a unit.” ?

**Bobby McGee, elite running coach and author of *Run Workouts for Runners and Triathletes***

“*Run with Power* answers any question a triathlete could have with regard to power meters and running. He leaves no questions unanswered in this lengthy guide, which is worth the read for any triathlete looking to truly unlock their potential in triathlon’s final leg.” ? *Triathlon Magazine Canada*

“There’s no doubt the potential for running power data will be huge down the road. Anyone who thinks otherwise is just repeating the historical misbeliefs of people 15 years ago saying cycling power meters will never catch on.” ? **DC Rainmaker**

“Cyclists have long used power meters to gauge their effort no matter what gear they wear or the terrain. But runners rely on pace, which doesn’t tell you how hard you’re working, just the final outcome. Runners also rely on heart rate, and this has its own set of problems with time lag and external variables like how much coffee you drank this morning.” ? *Runner’s World*

From the Back Cover

**The Running Revolution Is Here!**

*Run with Power* is the groundbreaking guide to power meters for running that you’ve been waiting for. From 5K to marathon, your power meter will make you faster, smoother, more competitive, and smarter?if you know how to use your data.

Coach Jim Vance will show you how to turn the numbers from your running power meter into amazing performances right now, this season. You’ll unlock incredibly powerful training secrets on your power zones, efficiency factor, work rate, and threshold power. You’ll discover how watts lead to speed, how to monitor your recovery, and how to train and taper precisely for your events.

*Run with Power* will eliminate uncertainty from your training. Instead of wondering whether your plan is working, you’ll use your power meter to make steady improvements in every aspect of your running fitness.

Complete with power-based workouts and cutting-edge performance analysis, *Run with Power* sets the standard for a whole new way to train.

**Includes Power-Based Training Plans for 5K, 10K, Half-Marathon, and Marathon!**

**JIM VANCE is an elite coach for TrainingBible Coaching.** He has coached national champions and world championship podium finishers, both amateur and elite. He is founder and team director of Formula Endurance.

About the Author

**Jim Vance is a TrainingBible coach and former professional triathlete.** He trained under the guidance of the national team coaching staff at the US Olympic Training Center. He recorded two world championship titles as an amateur in XTERRA and International Triathlon Union. His range of performances also stretches to Ironman; he finished third overall at the 2006 Ironman Florida in a time of 8:37:09, running a 2:54 marathon in that race.

As the founder, team director, and head swim coach of Formula Endurance, a USA Triathlon High Performance Team in San Diego, Jim focused on developing youth and junior elite triathletes. He is also a Level 2 and Youth & Junior Certified Coach for USA Triathlon as well as an elite coach for TrainingBible

Coaching. He has coached national champions and world championship podium finishers, both amateurs and elites. Jim has twice been named the USA elite head coach at the duathlon world championships.

Jim is the author of *Triathlon 2.0: Data Driven Performance Training*, which teaches athletes how to use technological training tools such as power meters, GPS, and heart rate monitors for Ironman triathlon racing based on their age, gender, and goals. In 2013, Jim coedited the book *Triathlon Science* with best-selling endurance training author Joe Friel.

Jim holds a BS in physical and health education, K–12, from the University of Nebraska, where he ran track and cross country and won two academic scholarships. He was a schoolteacher for six years before committing to triathlon full time in 2005. He retired from triathlon competition in 2010.

Jim currently resides in San Diego with his wife and two young sons. He coaches high school swimming at Coronado High School and coaches a number of beginner and aspiring elite triathletes, runners, and cyclists. His website is CoachVance.com.

## **Users Review**

### **From reader reviews:**

#### **Catherine Crider:**

The book *Run with Power: The Complete Guide to Power Meters for Running* can give more knowledge and also the precise product information about everything you want. Why then must we leave the good thing like a book *Run with Power: The Complete Guide to Power Meters for Running*? A few of you have a different opinion about reserve. But one aim in which book can give many details for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or details that you take for that, you can give for each other; you may share all of these. Book *Run with Power: The Complete Guide to Power Meters for Running* has simple shape nevertheless, you know: it has great and large function for you. You can search the enormous world by open up and read a e-book. So it is very wonderful.

#### **Doreen Wolf:**

People live in this new day of lifestyle always try to and must have the spare time or they will get large amount of stress from both daily life and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we question again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, often the book you have read is *Run with Power: The Complete Guide to Power Meters for Running*.

#### **Ronald Adams:**

*Run with Power: The Complete Guide to Power Meters for Running* can be one of your basic books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort that will put every word into pleasure arrangement in writing *Run with Power: The Complete Guide to Power Meters for Running* but doesn't forget the main stage, giving the reader the hottest as well as based confirm resource info that maybe you can be one among it. This great

information can certainly drawn you into fresh stage of crucial pondering.

**Lenore Cortez:**

Many people spending their moment by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to spend your whole day by studying a book. Ugh, you think reading a book can actually hard because you have to use the book everywhere? It okay you can have the e-book, having everywhere you want in your Touch screen phone. Like Run with Power: The Complete Guide to Power Meters for Running which is keeping the e-book version. So , try out this book? Let's notice.

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