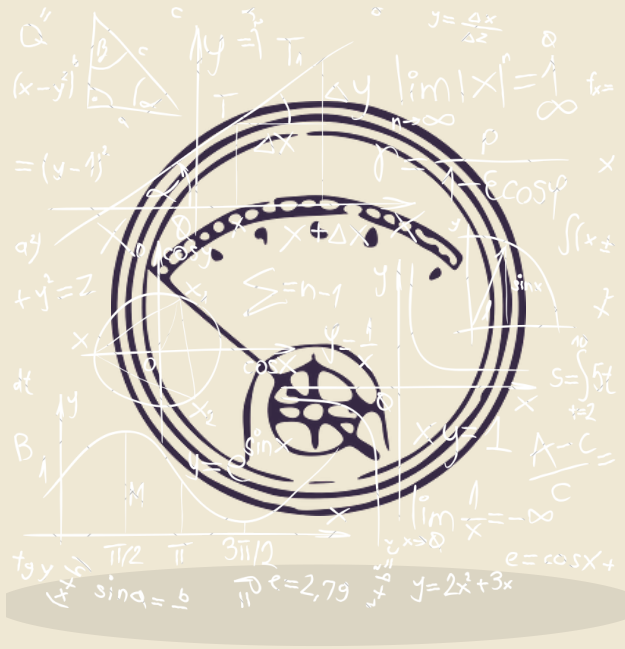


PLAN YOUR PEAK(S)

Using a Power Meter



Here's what to do

1



MEASURE YOUR TRAINING RESPONSE

2



MEASURE YOUR TRAINING DOSE

3

FITNESS
+
FRESHNESS = **FORM**

PUT IT TOGETHER IN YOUR PERFORMANCE MANAGEMENT CHART

