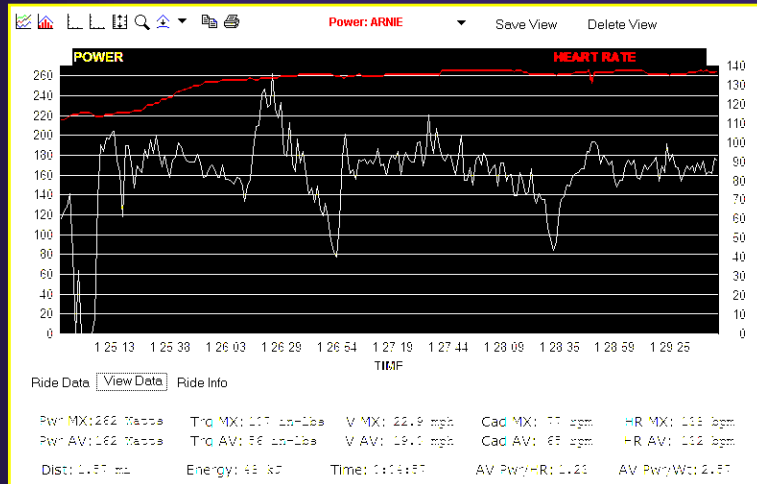


Power Features



Intensity

ABC Slide Show

45

ABC Intensity Slide Show.

Power features:

Accurate. Race predictor. Not influenced by confounding variables.

Immediate. Effort sensitive.

In this slide heart rate and power are shown. Heart rate, on top, in red.

Here notice in a five-minute effort how heart rate remains high – at this athlete's threshold – yet power fluctuates by more than 100% as the athlete climbs and descends a small rise.

The average power per weight, here 2.57 watts per pound, gives a measure of this rider's absolute fitness and predicts race performance as well as, or better than, any other measure.