

ABSTRACT

In this piece of work is dealt with measurement of watts during cycling training. Analysis and testing of selected cyclists prove that watt measurement is precise indicator during cycling training, while heart rate monitoring is not so accurate. Due to this fact, measurement of watts is more precise than frequently used heart rate monitoring. This piece of work proves that training monitoring is more effective while using watt measurement.

Part of this work is dedicated to model examples of cycling training while using Power Tap device in order to help amateur cyclists with training preparation. This work is ment to be a manual for a top performance or professional cyclists who wish to change their training methods.

Key words: Power Tap, model training with watt usage, cycling, lead training