Bike Tech For Training

March 13, 2024

Mike Sarmiento

Bike Tech For Training

- Basic Bike Tech
  - Time, Speed, Distance, Clock, Calories, Heading
- Intermediate Tech
  - Route, Stats, Elevation, Cadence, Respiration, Heart Rate, Power, VO2 Max, Training Load, Load Focus

Bike Tech For Training

How do you define “training”?

Basic Bike Tech

Which Bike Technology?

Apps	Computers
Ride With GPS	Garmin Edge
Strava	Hammerhead Karoo
Rouvy	Wahoo Elemnt
Zwift	
Map My Ride	
Trainer Road	

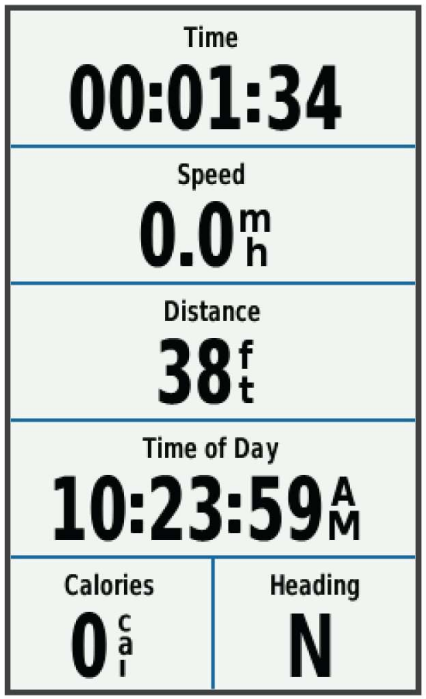
Bike Tech For Training

In what ways do you think technology can help with your training?

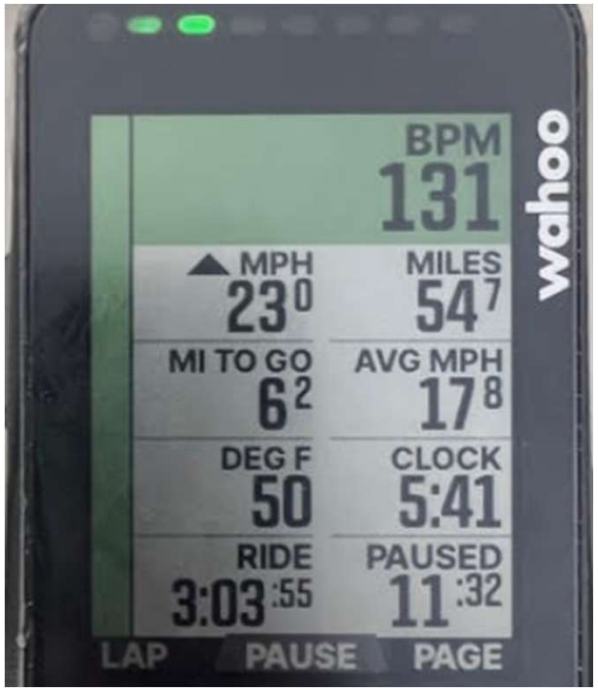
Basic Bike Tech

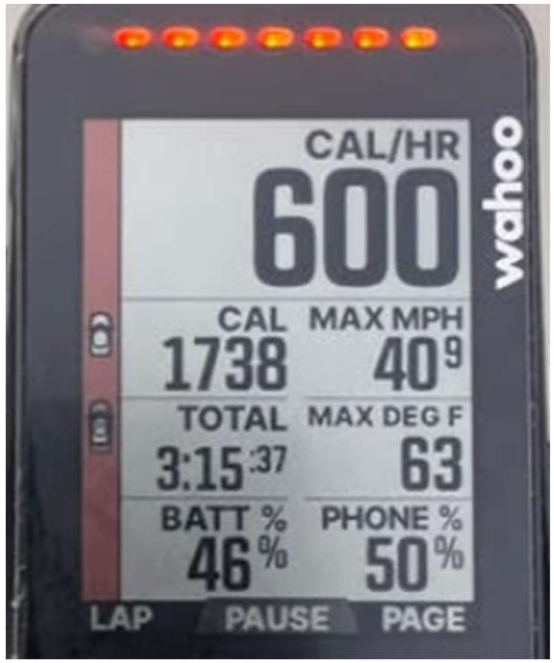
Garmin Edge 1030+

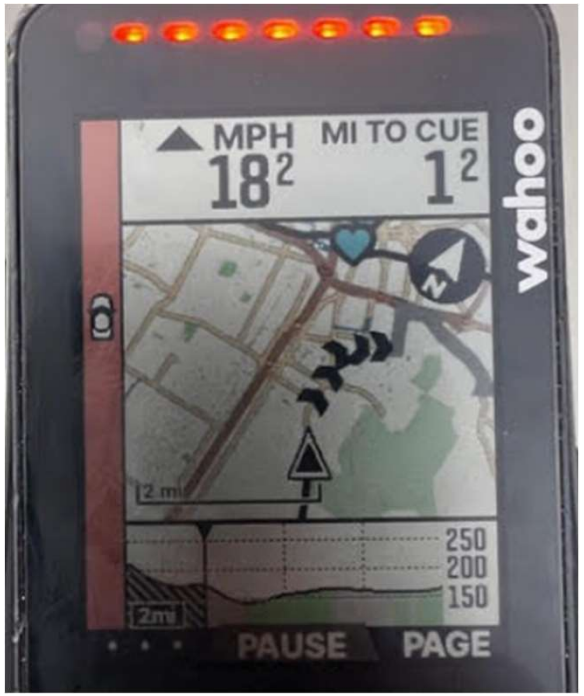
- Time
- Speed
- Distance
- Clock
- Calories
- Heading



Basic Bike Tech
Wahoo Elemnt



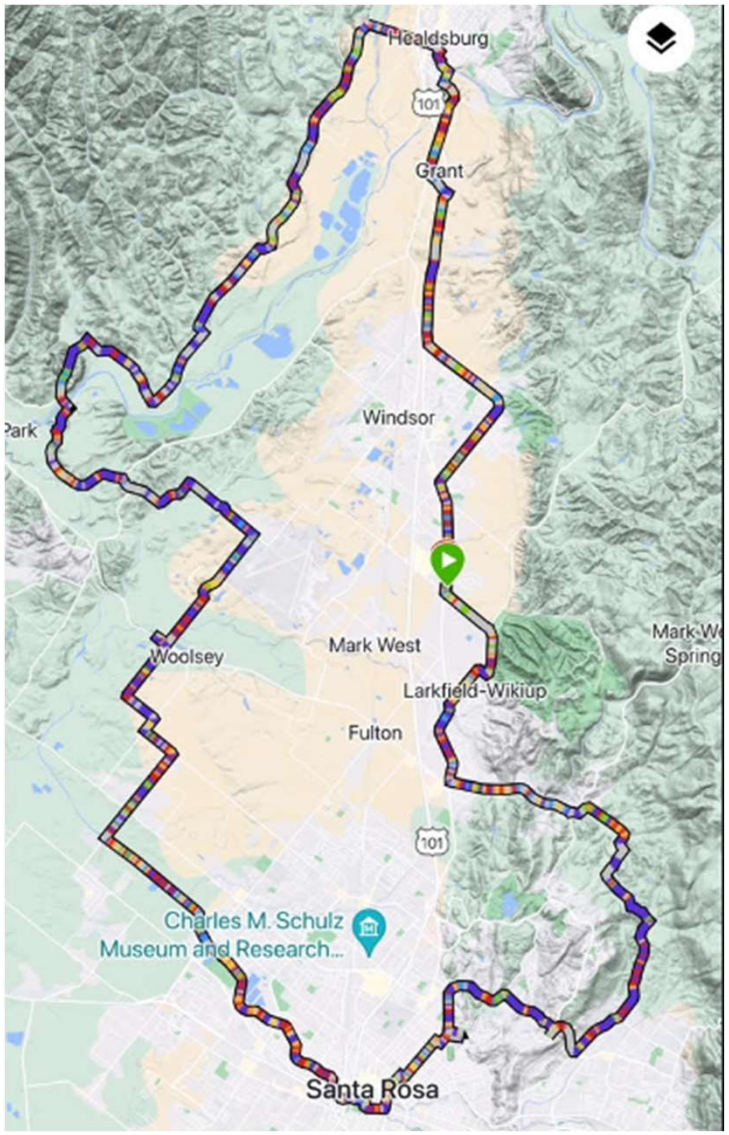




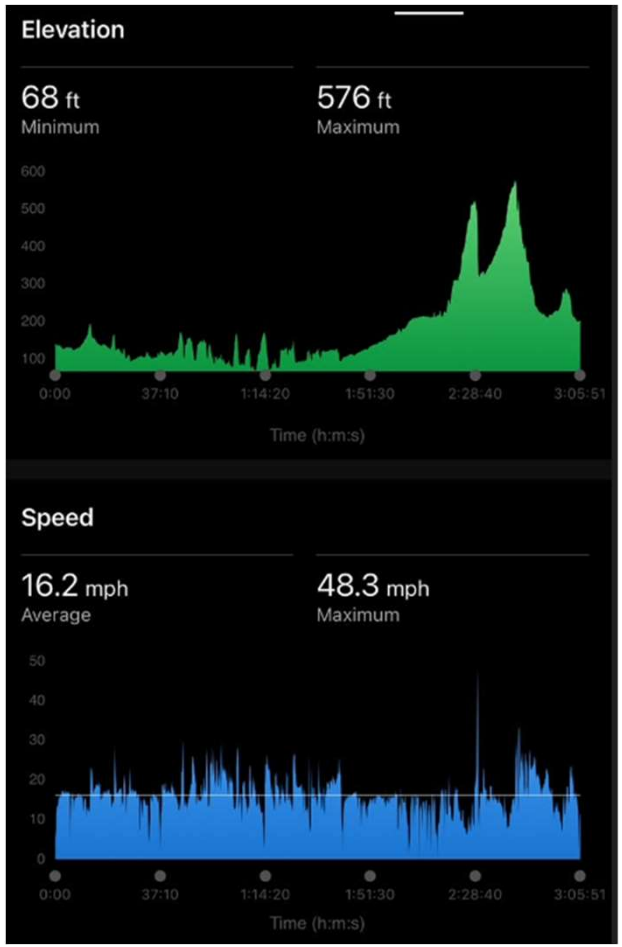
Intermediate Bike Tech

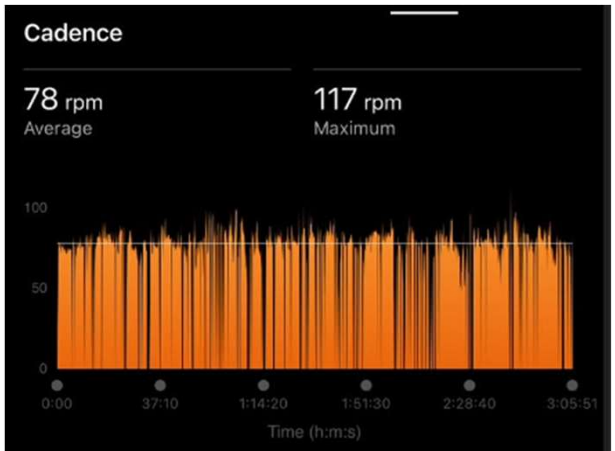
Garmin Edge 1030+

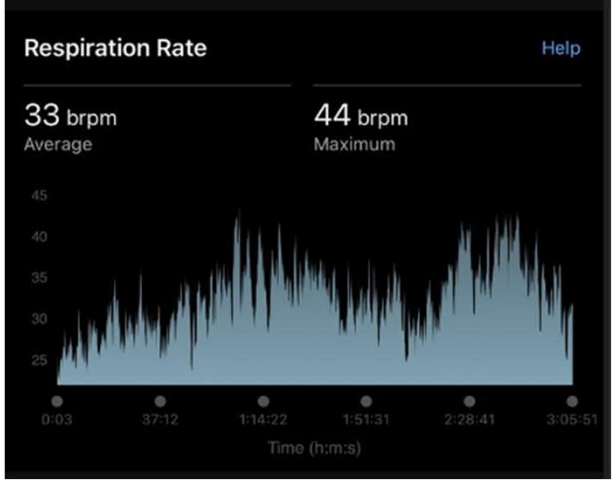
- Route with Power

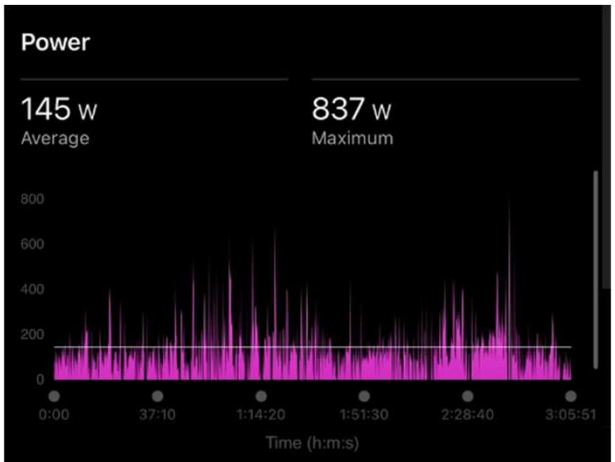


Intermediate Bike Tech

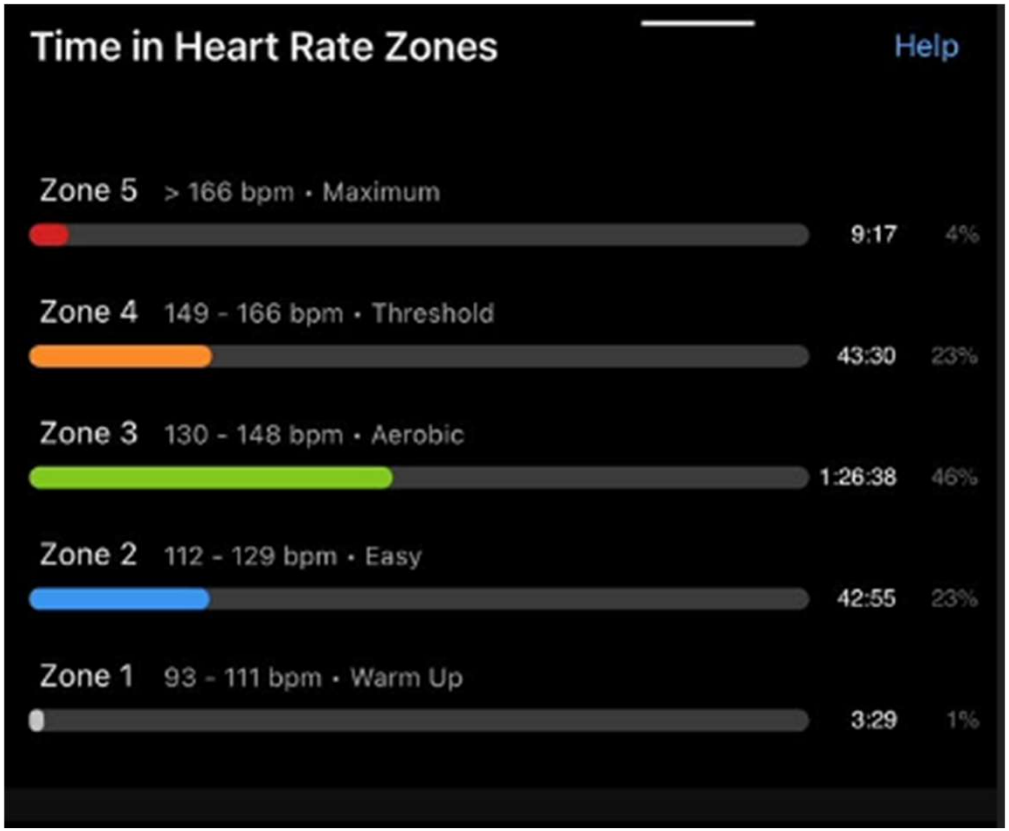


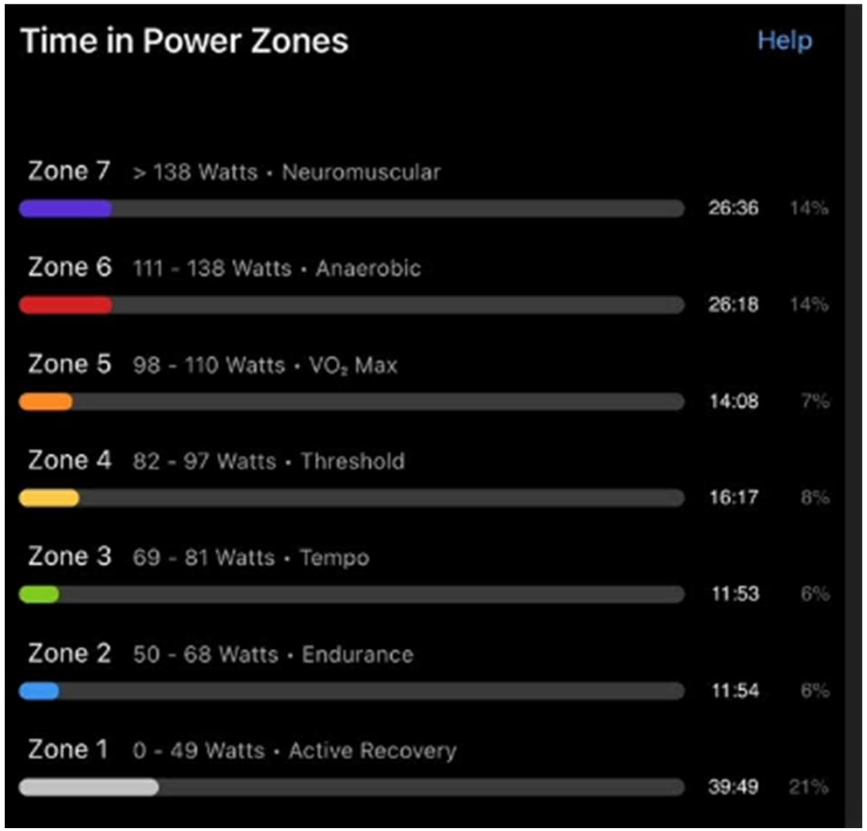




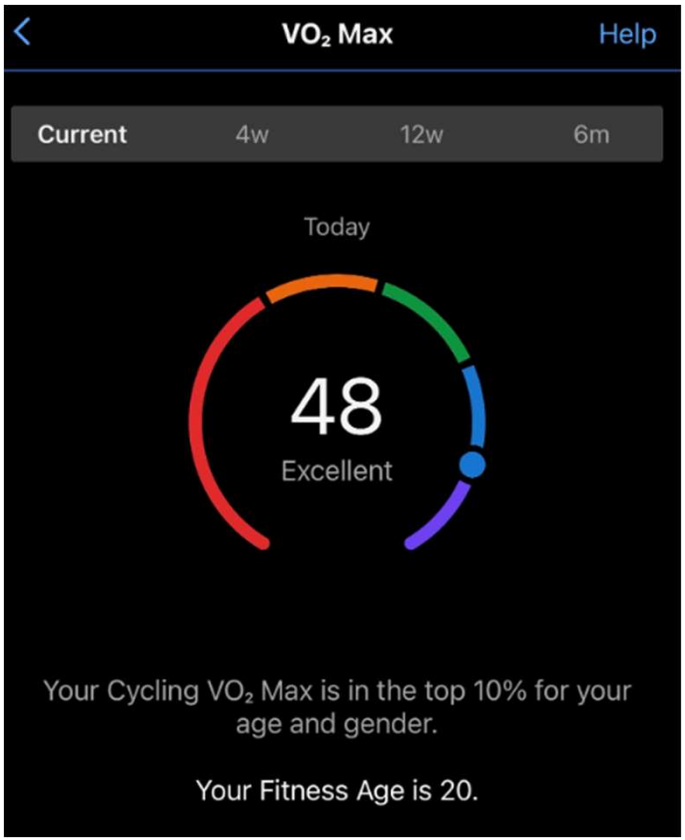


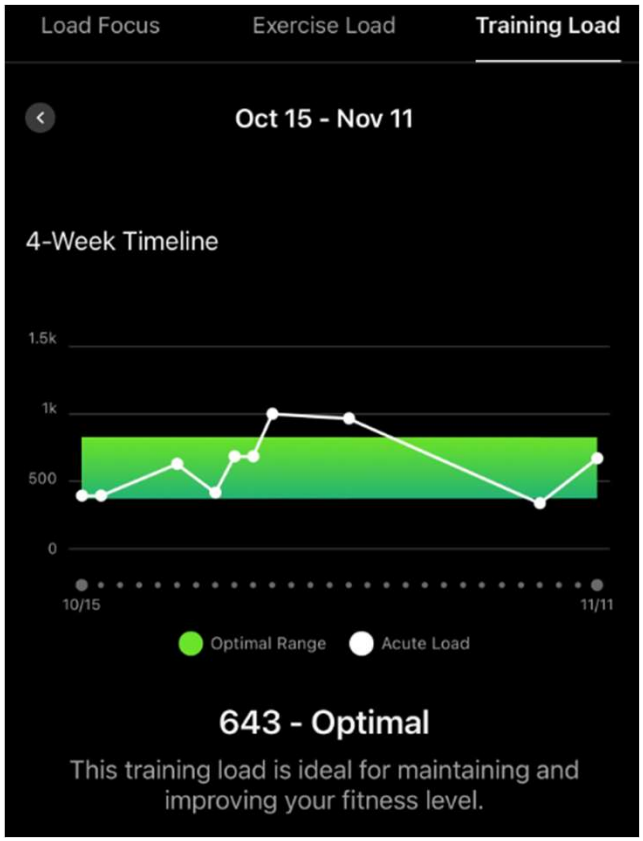
Intermediate Bike Tech

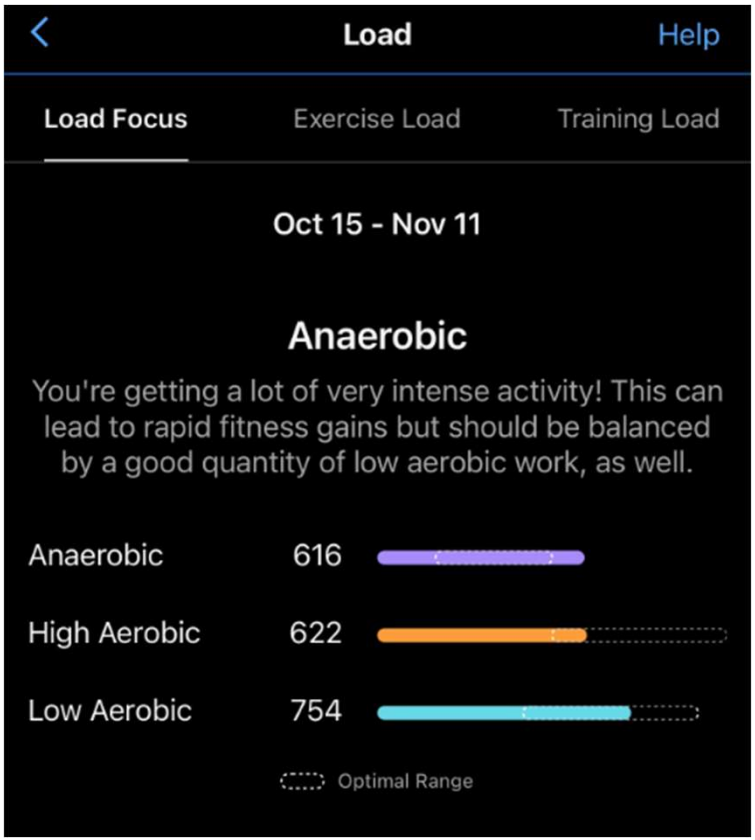




Intermediate Bike Tech







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Bike Tech For Training Teaser

- Post-Midlife Fitness
  - Frequency
  - Intensity
  - Rest
  - Diet
  - Training Plans