



TARGET TRAINING

POWER Meter RENTAL / RENT-TO-OWN PROGRAM

What you get:

- Monthly rental for up to 1 year max.
- PowerTap 2.4 wireless hub built into a solid training wheel
- PowerTap Computer head
- USB cable

What you pay:

- Months 1 through 3 = \$75/mo. for TT Members, \$150/mo. for non-members
- Months 4 through 12 = \$50/mo. for TT Members, \$100/mo. for non-members
- Money spent during the 1st three months may be applied to the purchase of any power meter product (PowerTap, SRM, or Quarq). After 3 months you forfeit the ability to contribute rental money towards a power product purchase.

Why you should train with a power meter:

- On-bike power measurement allows you to ensure you are completing intervals at the correct intensity
- Post-workout analysis allows you to identify strengths/weaknesses and track metrics so that you can better plan future workouts
- Comparison of similar efforts between days, months, or years allows you to track long-term performance goals
- Manage training stress and recovery to make sure you peak for your target event (below).

