



Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance

By Richard Wharton, Dr Robert S Neff PhD, Heidi Smith RD, Dr. Paul Smeulders PhD

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This book describes how to best utilize your CompuTrainer Indoor Ergometer, through the use of Racermate's software package, and the Erg+ and Real3D and Crs+ software, from CyclingPeaksSoftware and TrainingPeaks.com.

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Editorial Review

About the Author

Coach Richard P. Wharton owns and operates Online Bike Coach (www.onlinebikecoach.com), an online and on-site coaching, training, and testing business based in Dallas, Texas. He has been coaching since 1993, and is currently a Category 3 road cyclist. Richard began cycling in the late 1980s. In the 1990s, he lived in Montana and Idaho, where he operated a junior development program and was an expert-level mountain biker. He returned to Dallas in 1999 to work on the Dallas 2012 Olympic Bid, and in 2000 he became Director of Development at the Superdome in Frisco. In 2002 he interned at Tailwind Sports, which at the time owned and operated the US Postal Service Pro Cycling Team. In 2006, Coach Wharton opened the Cycling Center of Dallas (www.cyclingcenterdallas.com), an indoor training facility exclusively using ErgVideo (tm) cycling simulations. Richard is accompanied in life by his wife, Amy, and their Boston terrier, Shadow. His custom vanity Lance Armstrong license plate reads simply: "POWER".

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