

**Watts Per Kilogram: Using The CompuTrainer Indoor
Ergometer To Improve Your Performance
By Richard Wharton;Dr Robert S Neff PhD;Heidi
Smith RD**

Kilowatt hour - Wikipedia, the free encyclopedia -

Definition . The kilowatt-hour (symbolized kWh) is a unit of energy equivalent to one kilowatt (1 kW) of power expended for one hour. One watt is equal to 1 J/s.

http://en.wikipedia.org/wiki/Kilowatt_hour

Specific Absorption Rate (SAR) for Cellular -

which is a measure of the amount of radio frequency energy absorbed by the body when using a telephones is an SAR level of 1.6 watts per kilogram

<https://www.fcc.gov/encyclopedia/specific-absorption-rate-sar-cellular-telephones>

Training with a power meter - human-kinetics -

Training with a power meter is the current gold standard for (64 kg) rider who produces 300 watts can be said to produce 4.69 watts per kilogram (W/kg; that <http://www.humankinetics.com/excerpts/excerpts/training-with-a-power-meter>

Bicycle performance - Wikipedia, the free -

On firm, flat ground, a 70 kg (150 lb) person requires about 60 watts to walk at 5 km/h (3.1 mph). 4 corners per lap, 10 km/h speed loss at each corner, http://en.wikipedia.org/wiki/Bicycle_performance

VAM and direct comparison to Watts per Kg | -

VAM and direct comparison to Watts per Kg. A place to discuss all things related to current professional road races. Here, you can also touch on the latest news <http://forum.cyclingnews.com/viewtopic.php?f=6&t=11871>

Team Sky releases Froome's power data | -

Chris Froome (Sky) in action during This shows that the power he develops over two years is relatively stable when expressed in watts per kilogram (W/kg), <http://www.cyclingnews.com/news/team-sky-releases-froomes-power-data/>

How much coal, natural gas, or petroleum is used -

How much coal, natural gas, or petroleum is used to generate a kilowatthour of electricity? Amount of fuel used per kWh = Heat rate (in Btu per kWh) <http://www.eia.gov/tools/faqs/faq.cfm?id=667&t=2>

Cycling Power Lab -

For this reason the mark of a "good" cycling power output tends to be quoted in "watts per kilo" i.e power to finish the most popular cycling time trials and <http://www.cyclingpowerlab.com/cyclingpoweroutput.aspx>

iPhone Radiation: Should You Be Worried? | iPhone -

Sep 10, 2009 This is called as the Specific Absorption Rate (SAR) and measured in watts per kilogram I heard there's no radiation risks when using Flight Mode. <http://www.iphoneincanada.ca/news/iphone-radiation-should-you-be-worried/>

Amazon.com: Customer Reviews: Watts per Kilogram: -

Find helpful customer reviews and review ratings for Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance at Amazon.com. Read <http://www.amazon.com/Watts-Kilogram-CompuTrainer-Ergometer-Performance/product-reviews/0615315054>

Bluetooth: Dangerous Waves? - Businessweek -

The U.S. and Canadian governments have set a maximum SAR of 1.6 watts per kilogram, 25 watts per kilogram when used at your ear. Bluetooth radios operate at <http://www.bloomberg.com/bw/stories/2005-04-26/bluetooth-dangerous-waves>

How to Become a Professional Cyclist - A - -

How to Become a Professional Cyclist - A Theoretical Roadmap. but a professional none-the-less, may be able to average 5.5 watts per kilo for an hour.

<http://www.cyclingpowerlab.com/professionalcycling.aspx>

Power Metrics | Bicycling -

A power meter keeps you honest about how much work you actually did and how much fuel you actually need to power is watts produced per kilogram of body weight

<http://www.bicycling.com/training/fitness/guide-power-meter-metrics>

Watts/ kg on the power curve Cycling Analytics -

Watts/kg on the power curve 14 June, 2012 by David Johnstone. It s now possible to see your power as watts per a kilogram on the power curve. You ll first want to

<http://www.cyclinganalytics.com/blog/2012/06/watts-kg-on-the-power-curve>

comptrainer - GoSale -

Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance by Wharton, Richard, Neff PhD, Dr Robert S, Smith RD, Heidi, Sm

<http://www.gosale.com/search/comptrainer>

Need to Reduce Your Fat Percentage? - -

If you have watched just a few mountain stages from the Tour de France, you have probably also heard about the term Watts per Kilogram instead of just Watts,

<http://www.training4cyclists.com/body-weight/>

Watts to Body Weight - Wattbike US -

Power (measured is watts [W]) Weight (measured in kilograms [kg]) [P/Kg] is expressed as: $P/Kg = 350/70 = 5$ Watts per kilogram of body weight.

https://wattbike.com/us/guide/using_the_wattbike/power_to_weight_ratio

The Use of Metabolic Equations in Exercise -

The Use of Metabolic Equations in Exercise Prescription Conversions and Calculations Objective To enable the participant to calculate oxygen uptake in METS and ml/kg

<http://academic.wsc.edu/faculty/taeveto1/ped470/lecture/ppt/metabolic.ppt>

How to Interpret Power Data and What to Do With It -

Winning at cycling has a lot to do with your power to weight ratio or watts per kilogram . It's a pretty simple formula.

<http://home.trainingpeaks.com/blog/article/how-to-interpret-power-data-and-what-to-do-with-it>

Cycling Center Dallas Blog -

Performance Cycling Classes; Your Account. Mindbody Login; Mindbody Logout; #aeroiseverything (1) #bikemart (1) #computrainer (1)

<http://cyclingcenterdallas.com/blog/tag/performance-cycling-instruction>

Watts per Kilogram: Using the CompuTrainer Indoor -

Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance [Richard Wharton, Dr Robert S Neff PhD, Heidi Smith RD, Dr. Paul Smeulders PhD

<http://www.amazon.com/Watts-Kilogram-CompuTrainer-Ergometer-Performance/dp/0615315054>

Why is Weight So Important in Cycling? Part 1 | -

Power-to-weight ratio is calculated by dividing your body weight in kilograms This means this athlete gained .31 watts per kg of body weight at FTP.

<http://home.trainingpeaks.com/blog/article/why-is-weight-so-important-in-cycling-part-1>

RF Exposure - iPhone 4s - Apple -

RF Exposure - iPhone 4s. The SAR limit is 1.6 watts per kilogram in countries that set the limit averaged over 1 gram of tissue and 2.0 watts per kilogram in

<https://www.apple.com/legal/rfexposure/iphone4,1/en/>

Ironman pace- watts per kilo: Triathlon Forum: -

What's a good watts per kilo average for a top age group Ironman? I know this might be too general of a questions since there could be many variables but any ballpark

http://forum.slowtwitch.com/gforum.cgi?post=2257783;guest=57659850&t=search_engine

Power to Weight Ratio - Guide - Wattbike UK -

One way to utilise the Wattbike s power data is to determine power to weight ratio [P/Kg] and use this information to $P/Kg = 350/70 = 5$ Watts per kilogram of

http://wattbike.com/uk/guide/using_the_wattbike/power_to_weight_ratio

Unit Conversions - Compendium of Physical -

To find power in watts, ml/kg/min - milliliters per kilogram per minute mph - miles per hour VO₂ - volume of oxygen or rate of oxygen consumption w - watts.

<https://sites.google.com/site/compendiumofphysicalactivities/help/unit-conversions>

Convert watt to kg-m/min - Conversion of -

Quickly convert watts into kilogram-force meters/minute (watt to kg-m/min) using the online calculator for metric conversions and more.

<http://www.convertunits.com/from/watt/to/kg-m/min>

Convert watt to kilogram-force meter/second - -

Quickly convert watts into kilogram-force meters/second (watt to kilogram-force meter/second) using the online calculator for metric conversions and more.

<http://www.convertunits.com/from/watt/to/kilogram-force+meter/second>

Coach Richard Wharton AskCoachSean -

Coach Richard Wharton Watts per Kilogram, a book that teaches CompuTrainer owners how to use indoor ergometers more effectively

<http://askcoachsean.com/coach-richard-wharton/>

Bike Calculator -

Bike Calculator. Welcome to the oldest and most popular bicycle performance prediction calculator on the web - since 1997. Effortlessly compute speed or power for all

<http://www.bikecalculator.com/>

List of eBooks Cycling available at -

Watts per Kilogram: Using the CompuTrainer Indoor Ergometer to Improve Your Performance. Richard Wharton Dr Robert S Neff PhD Heidi Smith RD Dr. Paul

<https://isearch.com/genre/10ago7o/Cycling?start=110>

Watts per Kilogram | Slow Roadie -

We all know that the most important metric for any competitive cyclist is watts per kilogram (w/kg). How many watts a cyclist can produce per kilogram (or pound) of

<http://slowroadie.com/watts-per-kilogram>

Power Calculator - British Cycling -

FTP (Watts) Power to Weight (Watts per Kg) TIPS & ADVICE. With your help British Cycling can transform this country into a true cycling nation

<https://www.britishcycling.org.uk/membership/article/20120925-Power-Calculator-0>

Bradley Wiggins's Tour de France training - -

Bradley Wiggins s Tour de France training. Chris Sidwells; A Tour winner needs to get close to a threshold power output of 6.7 watts per kilogram of body weight.

<http://www.cyclingweekly.co.uk/fitness/training/bradley-wigginss-tour-de-france-training-40924>

Questions? | SAR Shield Cell Phone Radiation -

How much radiation does my phone emit? At present, the generally recognized limit for absorbed electromagnetic energy is 1.6 watts per kilogram.

<http://sarshield.com/questions/>