



# Gear & Bike REVIEW FINDER



Hydration Packs  
Lights - Headlights

Nutrition - Other  
Other

Skin Care  
Trainers

## BIKE ACCESSORIES REVIEWS

### REALRIDES

## POWER with Robbie Ventura DVD

MSRP: \$40    Issue: Jan 2009  
Bicycling Review



### EDITORIAL REVIEW

I have a confession to make: I love Robbie Ventura. Ok, maybe it's both Ventura and his Vision Quest training staff I'm smitten with. I can't say for sure. I just know I've never worked so hard, learned more about training and enjoyed drilling myself into a sweaty pulp more than I do with his DVD's.

I'm currently obsessed with Robbie's POWER training DVD. Like RACE DAY, POWER uses the same realRide helmet-cam technology. Only this time, he takes you through eight weeks of structured interval workouts designed to increase power and build endurance. The program starts with a 45-minute high intensity track session, and then adds 10 minutes of road intervals on the tail-end every two weeks. By the time you're at week eight, you've built up to 75 minutes of high intensity training covering top end sprints, long sprints, negative splits, echelon formation, chasing a break, cornering, bridging a gap and an all-out sprint to the line.

The unique dashboard screen shot shows Robbie's heart rate, cadence, speed, time, power output and perceived exertion throughout the workout. If you train with any or all of those metrics, you can compare and see how you stack up. He assures you it's for educational purposes, of course, and encourages you to record your own gearing, heart rate, speed or power output each week so you can watch yourself progress and improve.

From warm-up to cool-down, Ventura dishes instruction and barks motivational commands only a seasoned pro of his stature can while throwing down 400-500 watts. In the end, you get a killer workout that makes you fitter and stronger and a wealth of information that helps you become a more skilled and pack-savvy cyclist. -Liz Reap Carlson

### READER REVIEWS

#### Be the First to Review this Product

#### Sponsored Links

##### Road Bike Clearance Sale

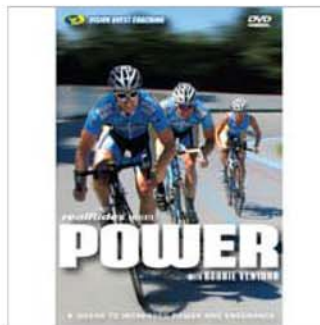
Over 70% Off Premium Road Bikes, Limited Time Sale - 1 Day Only  
www.rscycle.com

##### Bikes up to 60% off List

New with Full Warranty - Buy Direct and Save Hundreds  
www.bikesdirect.com

##### Schwinn Sale

40% - 60% Discount on all Schwinn (in stock)  
www.infinitemarketplace.com



### PRODUCT FEATURES

- Pro: Great for anyone who wants a hard interval workout without paying a coach or leaving home.
- Con: Track session may get redundant, but the DVD lets you create your own workout for variety.
- Progressive eight-week training program
- Focus on power and endurance

#### realRides Website

### FIND A STORE NEAR YOU

Enter your zip code, we'll recommend a specialty retailer



#### Bicycling.com Shop

G.o.t.D. '09 

- See All Accolades

### FIND A STORE NEAR YOU

Enter your zip code, and we'll recommend a specialty retailer



#### Bicycling.com Shop

### MANUFACTURER

Select any manufacturer to view all their reviewed products

#### TOP5

- Salsa
- Bianchi
- Showers Pass
- PowerBar
- Giordana

- See All Manufacturers