

## **How is the new *Cyclist's Training Diary* different from the old *VeloNews Training Diary*?**

VeloPress recommends flipping through a copy of the new diary at your local bookstore or bike shop. If that's not possible, you can read about the new, improved diary here.

The new diary has been designed with feedback from coaches and athletes. The overall redesign philosophy was to make the new diary bigger and more spacious and easier to use.

- The physical book:
  - is now a half inch wider, allowing more room for data and notes.
  - is still spiral bound.
  - still has the "season goals, training objectives, heart rate zones" flap.
  - has a full color photo stretching from the inside of the front cover all the way to the back cover. It's Team Discovery driving the peloton at the Tour of California.
  - is now printed in two colors, black and orange, making it much easier to read.
  
- Joe Friel has updated his introduction on how to use a training log.
  
- The daily diary pages:
  - no longer have the black and white photos, leaving much more room for training data.
  - are now laid out horizontally instead of vertically. For example, Monday is now above Tuesday instead of the days being side-by-side. This layout change gives much more room for data and notes.
  - have all the same data fields as the old diary—nothing has been removed. There are new data fields for heart rate, power, perceived exertion, and nutrition.
  
- Test Results Section: There is a new section for performance tests and physiological data. Data fields include heart rate, power meter data, VO2 max, etc.