



Bicycling Big Book of Training

By Danielle Kosecki

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, Bicycling Big Book of Training, Danielle Kosecki, A book for novice and intermediate cyclists who are looking to advance their fitness and training. Bicycling Big Book of Training is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen. The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on-the-bike performance, while discovering the components of a successful training plan, including nutrition. Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them.



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