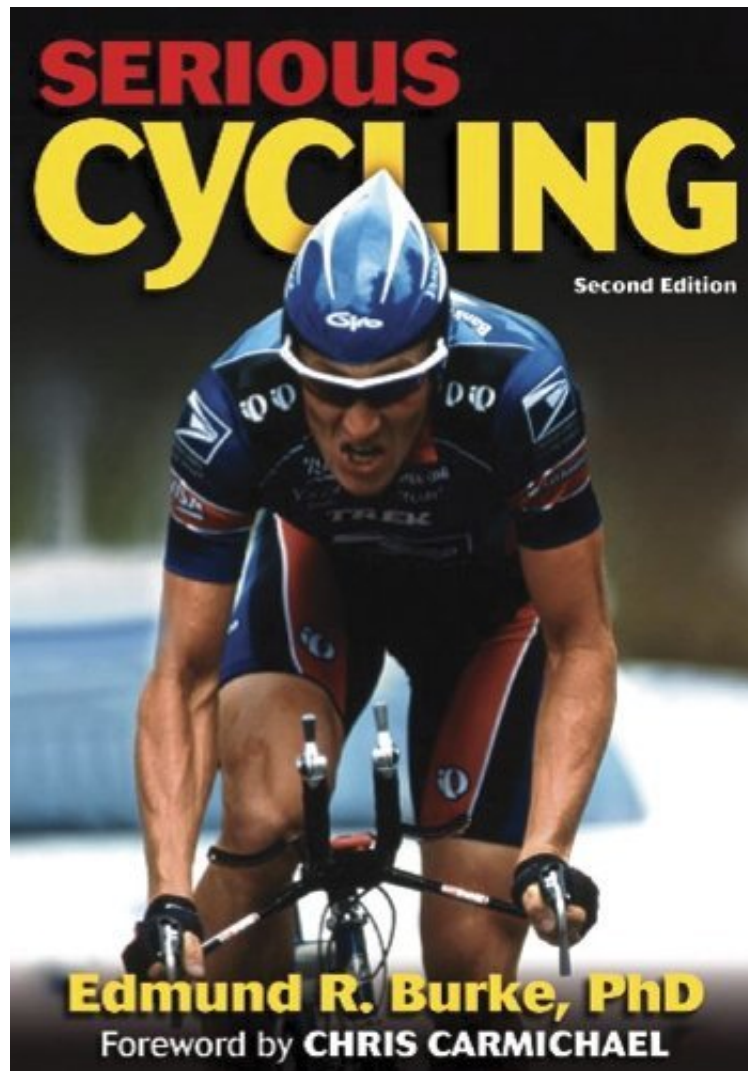


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## Serious Cycling - 2nd Edition

Von Edmund R. Burke

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**Von Edmund R. Burke : Serious Cycling - 2nd Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Serious Cycling - 2nd Edition:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. I won't leave home without this one !!!Von Ein KundeVery detailed, I found "serious cycling" easy and enjoyable to read. Ideal for the self - coached athlete, it helps personalize your cycling program depending on your present abilities. While reading you find that there is much more to training and becoming a better rider then you first thought, but it puts the "why" into training in addition to the "how" giving a better understanding and appreciation with what changes your body must undergo to be a better cyclist.Periodization, training modes, keeping diaries and more... The nutrition

section I found to be a little "old school" but, nevertheless, interesting and backed by studies. This information is aimed at the "serious cyclist" and may be too much for someone not willing to put forth the 15+ hours a week.2 von 2 Kunden fanden die folgende Rezension hilfreich. detailed, very serious and technical tome Von Ein Kunde Burke, a well known name among cyclists, gives very detailed and sometimes complicated advice about how to train, how to create a training schedule for various goals, how and why to make a training diary, etc. Readers should be aware that his advice is aimed at the very serious cyclist, and his training schedules range from those for serious collegiate cyclists (~15hrs/week) to professionals (~25+ hrs/week). His advice is sound, but it may be more than most people really need. His peak mileage (feb) is 2000miles--that's 500 miles per week!

Kurzbeschreibung Ride faster and more efficiently with Serious Cycling. Exercise scientists have unearthed a wealth of information that cyclists can use to improve their performance. However, most cyclists have never had access to this great body of knowledge. Now you do. Serious Cycling bridges the gap between scientific observation and cycling performance. It takes the latest scientific data on physiology, biomechanics, nutrition, injury prevention and recovery, and training, and translates it into practical applications that will have an immediate impact on your personal training program. Written by one of cyclings top experts, this book will help you build endurance, increase lactate threshold, and enhance cycling strength and power. Important Notice: The digital edition of this book is missing some of the images found in the physical edition. Pressestimmen "Not only is this book a top-rated synthesis on road cycling in general, it is also an invaluable tool for helping cyclists at all levels achieve their dreams of athletic success." Chris Carmichael Coach of three-time Tour de France winner Lance Armstrong Kurzbeschreibung Ride faster and more efficiently with Serious Cycling. Exercise scientists have unearthed a wealth of information that cyclists can use to improve their performance. However, most cyclists have never had access to this great body of knowledge. Now you do. Serious Cycling bridges the gap between scientific observation and cycling performance. It takes the latest scientific data on physiology, biomechanics, nutrition, injury prevention and recovery, and training, and translates it into practical applications that will have an immediate impact on your personal training program. Written by one of cyclings top experts, this book will help you build endurance, increase lactate threshold, and enhance cycling strength and power. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.