



Advanced Cyclist's Training Manual: Fitness and Skills for Every Rider

By Luke Edwardes-Evans

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Advanced Cyclist's Training Manual: Fitness and Skills for Every Rider, Luke Edwardes-Evans, A beautifully photographed training book replete with advanced tips, techniques, and advice Following up on FalconGuides' successful The Cyclist's Training Manual, this advanced edition addresses the same broad audience of cyclists while focusing more intently on the core functions of training, bike set-up, technique, and health. More experienced riders will meanwhile be informed and inspired to take their cycling to new levels of achievement. Whatever one's particular interest in the many different cycling disciplines, The Advanced Cyclist's Training Manual is packed with advice, training plans, and encouragement to help anyone become a fitter, faster, safer, and healthier rider and racer. As with The Cyclist's Training Manual, tried and tested practical guidance is given alongside stunning action and how-to photography. In addition, there are tips, interviews, and training logs from some of the world's best pro riders.

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