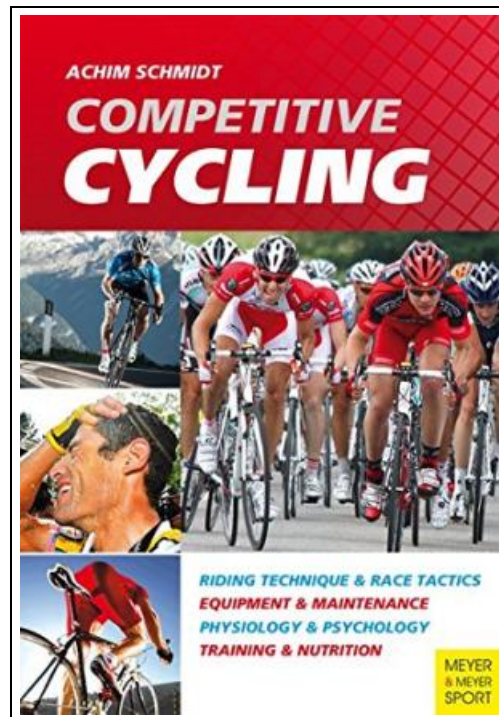


Competitive Cycling



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2014. Undefined. Condition: New. 2nd Revised ed.. Language: English . Brand New Book. This book will show you how to optimize your cycling performance. Chapters on basic anatomy, training, testing, nutrition, sports medicine, psychology, technique, and tactics make this book a valuable training resource for cyclists of all ages and abilities. This handbook offers the reader a wide-ranging insight into the basics of training as well as techniques and tactics of cycling, particularly of road cycling. The basis for this information is a coherent presentation of findings in the fields of training theory, medicine, and psychology. The theoretical framework of each topic has been particularly emphasized in order to give the reader a better understanding of the sometimes complex matter. In addition to the pivotal chapter on training, the book focuses on topics such as anatomy and physiology of the cyclist, nutrition, medicine, psychology, and techniques and tactics. Tips and suggestions throughout the book ensure practical benefits. With its variety of topics and detail, Competitive Cycling appeals not only to professional cyclists, coaches, and sport students, but also to non-professionals.



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