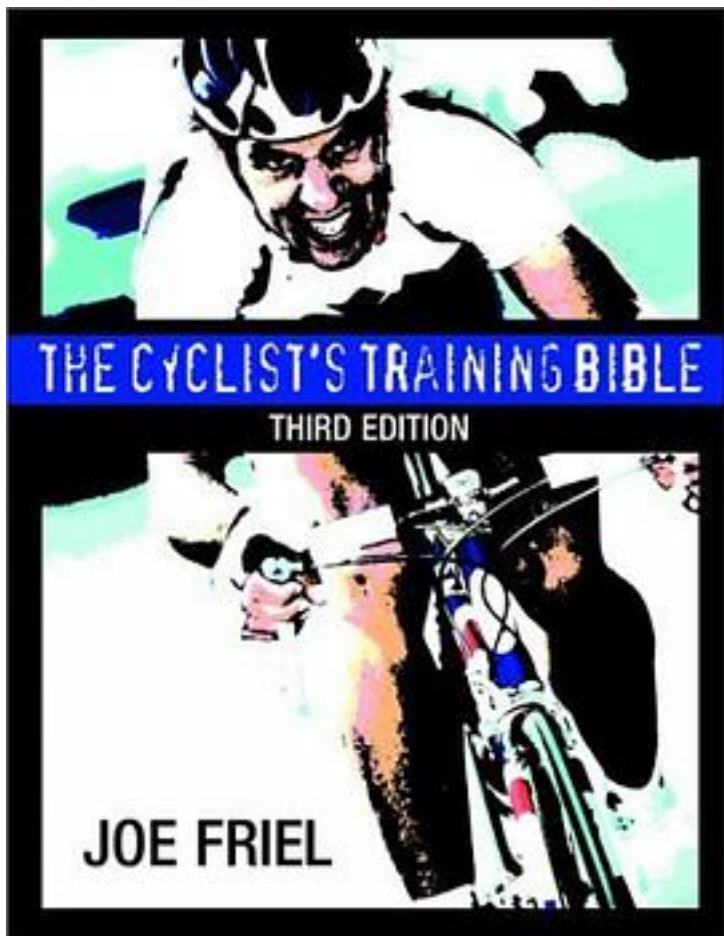


The Cyclist's Training Bible



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The Cyclist's Training Bible is designed to help amateurs create a training plan and refine the skills needed to succeed in the sport. Divided into five parts, the book covers commitment and common sense, general concepts, training with a purpose, designing

a yearlong plan, and practical strategies for reinforcing training. Dozens of photos, charts, tables and worksheets are featured in this edition that includes 25 percent new and updated material.

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