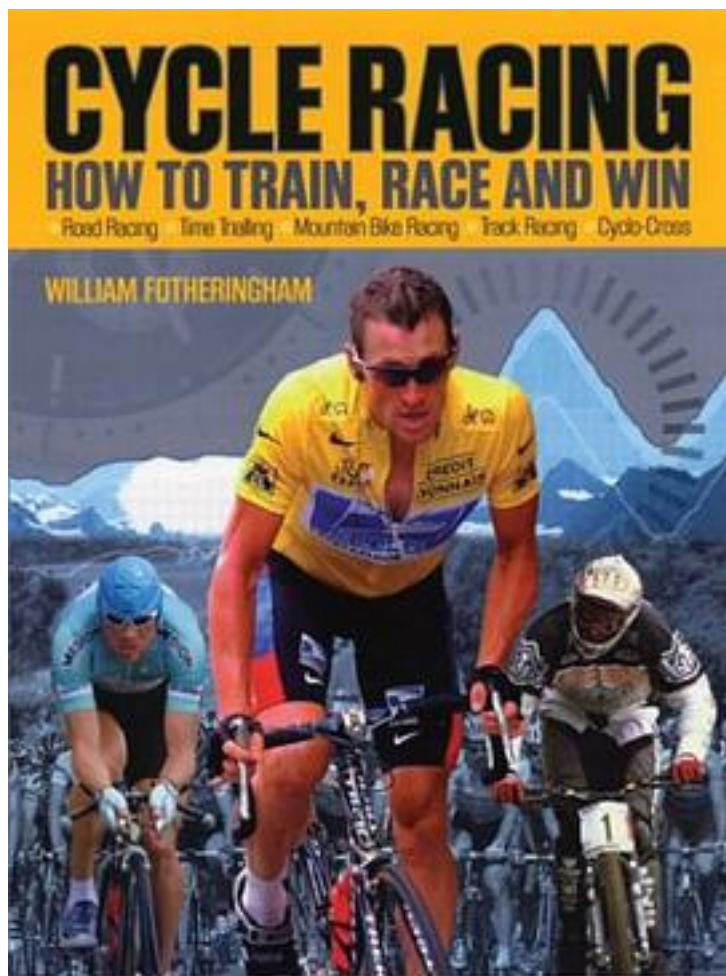# Cycle Racing

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"A practical and detailed reference." Using bright, colorful photographs and non-technical text, this book examines every aspect of competition cycling. It features

everything racers need to know about their sport's equipment, fitness, training, nutrition, the mental game, event rules, winning strategies and much more. All the information is geared to the specific facets of these sports. The cycle racing sports profiled are: Road Racing: From basic skills like learning to ride in a group, cornering and climbing to advanced skills like breaking away, sprinting and team tactics Time Trials: Complex rules, requirements and equipment. All forms of time trial are explained - beginner, short- and long-distance trials, hill climbs and team trials Mountain Bike Racing: The fastest-growing area of cycle racing is also one of the toughest. Where to ride, how to find a club, equipment and specifically tailored exercises Track Racing: Where to find it, how to do it and how to improve Cyclo-Cross: A running-cycling sport that requires as much conditioning as running a marathon. Features a specific training regimen for tackling this grueling event. The training and fitness regimens are detailed and specific to each sport. Quick reference charts list interval programs for developing explosive power, aerobic power, intensity threshold, lactic acid tolerance and muscle power. Also covered are treating joint and soft tissue injuries, common problems and self-help, safety equipment and stretching. Packed with the latest and most practical advice, Cycle Racing will help aspiring participants get a solid start in all types of cycling competition.

作者介绍:

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