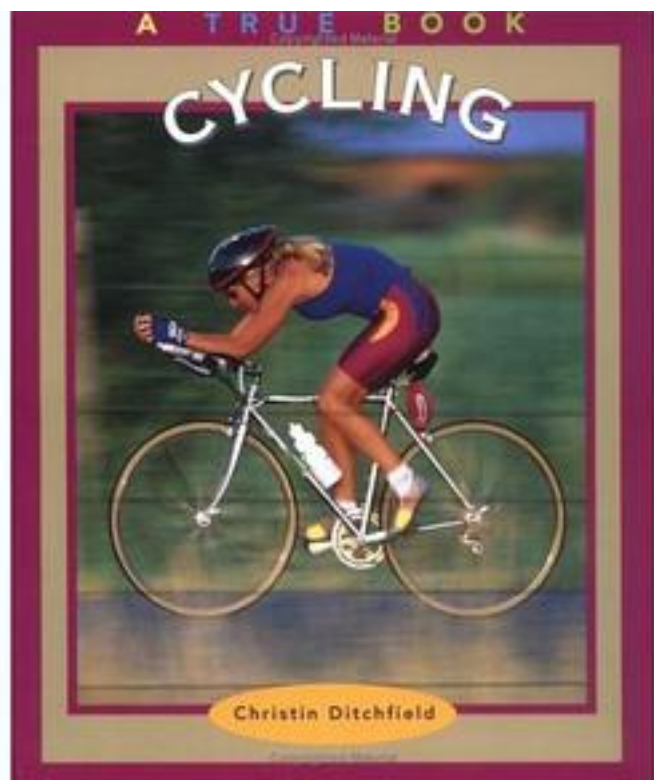


Cycling



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Training obviously means much more than kicking the pedals as hard and as long as possible. Efficient training demands a clear insight in the right set-up of the training, the right training intensity, and the constant interplay of effort and relaxation. These items are full illustrated with examples of training schedules, and every amateur cyclist can adapt these schedules to his own needs. The training advice given in this book has already proven its soundness, both for many of the best amateurs and for lots of professionals.

作者介绍:

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