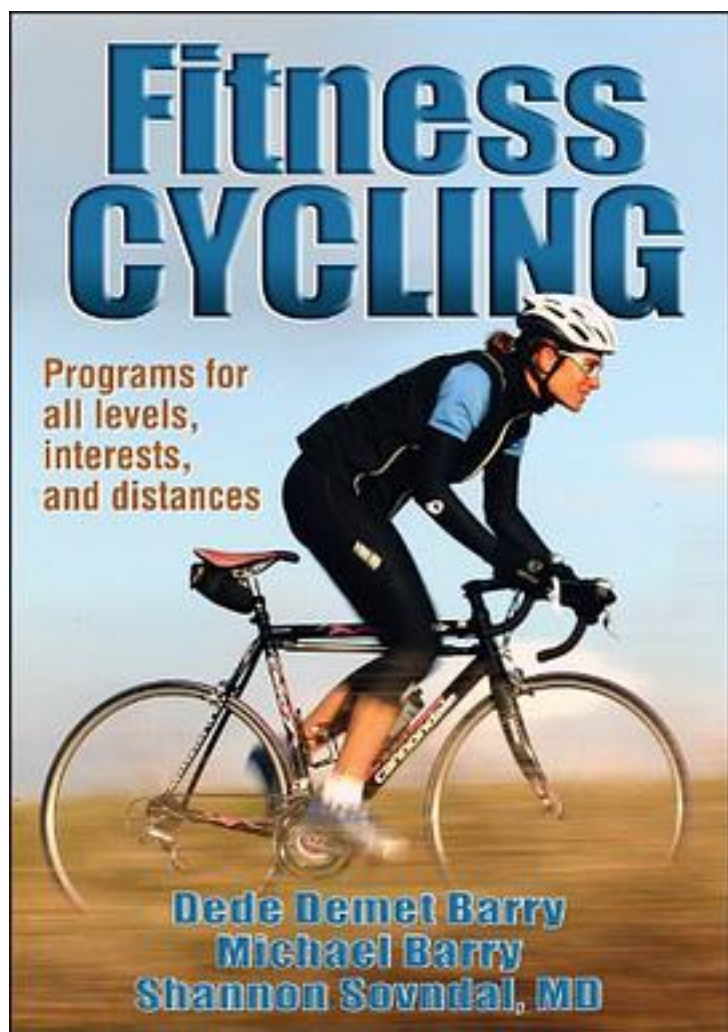


Fitness Cycling



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The essentials of cycling are covered in detail, including equipment, biking skills,

training guidelines and fitness assessment. The five ride types covered of steady and flats, hills, variable intensity, intervals and speed work are plugged into three levels of programmes, consisting of five different training phases - building a base, increasing threshold, peaking, maintaining peak condition and off-season cross training. Each workout is broken down into several components including caloric expenditure, warm up and cool down, heart rate zone, perceived effort, cadence and details for getting the most out of the workout. "Fitness Cycling" provides information in clear language and gives workouts on a one-a-page basis, which are easy to read and include specific tips and useful tidbits about each workout so that the reader feels they have a personal trainer with them from start to finish.

作者介绍:

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