

Bike Racing for Juniors



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出版者:

出版时间:

装帧:

isbn:9781934030226

From nutritional requirements to strength and stamina limitations, the needs of junior athletes are significantly different from those of their adult counterparts. "Bike Racing for Juniors" focuses on the physical, emotional, and developmental demands faced by young athletes who compete in competitive cycling. Designed to complement current training methodologies, the book discusses the developmental considerations of every aspect of training, including skill-building, weight training, flexibility, psychological development, and injury treatment and prevention. The importance of a young athlete's environment is addressed in chapters on parental involvement, positive coaching strategies, and effective communication. The book also explains how to start a junior team and examines the unique rules of Junior (under 18) and Espoir (under 23) racing as well as navigating the transition between the two categories. With this book, today's young bike racers can find the information and preparation they need to become tomorrow's pros.

作者介绍:

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