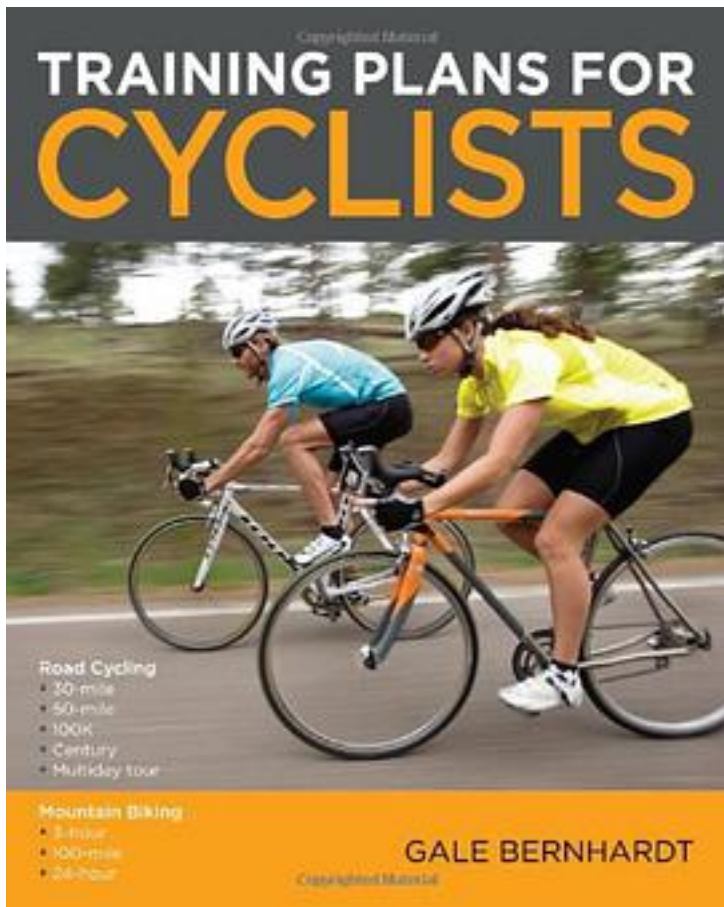


Training Plans for Cyclists



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Anyone looking to participate in a charity ride, multi-day tour, or team cycling event can count on Training Plans for Cyclists to help reach their goal. Seventeen detailed training plans prepare first-time finishers or experienced riders for events ranging from 30 to 100 miles. Bicycling explorers can use the touring training plans to get fit for three

25-mile days or seven 80-mile days. Off-road adventurers get the prep they need for their next weekend in the woods or an upcoming mountain bike competition. With chapters devoted to the basics of nutrition, stretching, and strengthening, this book is an essential guide for anyone who participates in cycling events or wants to start. From the cyclist who rides for fitness and not competition, to the cyclist who is only looking to drop fellow cyclists on next weekend's group ride, Training Plans for Cyclists has a plan to fit every agenda.

作者介绍:

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