



"Bicycling" Magazine's Training Techniques for Cyclists



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"Bicycling" Magazine's Training Techniques for Cyclists

Ed Pavelka

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Bicycling Magazine's Training Techniques for Cyclists by Ben Hewitt provides proven training programs and pointers from cycling's most knowledgeable coaches--whether you're cycling competitively or just to keep fit!

Now revised and updated with the latest advances in the sport, this book will help any rider achieve optimum cycling performance through proven training techniques from the sport's top experts.

You'll find exercises to help improve your overall cycling fitness, a 26-week training schedule to put you at the head of the pack, and winter training programs to keep you fit off-season.

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128 pages

About the Author

BEN HEWITT writes about sports and the outdoors for a wide variety of publications, including Bicycling, Men's Journal, Mountain Bike, Outside, and Skiing. He currently resides in Vermont.

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