

ROAD RACING / TIME TRIALLING / TRACK RACING / CYCLO-CROSS / MOUNTAIN BIKING



CYCLE RACING

HOW TO TRAIN, RACE & WIN

Getting started • Cycling essentials • Cycling styles • Training advice

Cycle Racing How To Train Race And Win

Jon Bridges



Cycle Racing How To Train Race And Win:

Cycle Racing William Fotheringham,2004 A practical and detailed reference Using bright colorful photographs and non technical text this book examines every aspect of competition cycling It features everything racers need to know about their sport s equipment fitness training nutrition the mental game event rules winning strategies and much more All the information is geared to the specific facets of these sports The cycle racing sports profiled are Road Racing From basic skills like learning to ride in a group cornering and climbing to advanced skills like breaking away sprinting and team tactics Time Trials Complex rules requirements and equipment All forms of time trial are explained beginner short and long distance trials hill climbs and team trials Mountain Bike Racing The fastest growing area of cycle racing is also one of the toughest Where to ride how to find a club equipment and specifically tailored exercises Track Racing Where to find it how to do it and how to improve Cyclo Cross A running cycling sport that requires as much conditioning as running a marathon Features a specific training regimen for tackling this grueling event The training and fitness regimens are detailed and specific to each sport Quick reference charts list interval programs for developing explosive power aerobic power intensity threshold lactic acid tolerance and muscle power Also covered are treating joint and soft tissue injuries common problems and self help safety equipment and stretching Packed with the latest and most practical advice Cycle Racing will help aspiring participants get a solid start in all types of cycling competition

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information that cyclists can use to improve their performance However most cyclists have never had access to this great body of knowledge Now you do Serious Cycling bridges the gap between scientific observation and cycling performance It takes the latest scientific data on physiology biomechanics nutrition injury prevention and recovery and training and translates it into practical applications that will have an immediate impact on your personal training program Written by one of cycling s top experts this book will help you build endurance increase lactate threshold and enhance cycling strength and power Two time U S Olympic team staff member Ed Burke has combined physiological training principles and real world experiences to make Serious Cycling the reference that no elite cyclist should be without The training methods and techniques he presents are what the top cyclists use You ll learn how to use power meters and heart rate monitors to gauge what is happening in your body while you work out prevent injuries and illness even during periods of hard training and racing use proper nutrition and cutting edge supplementation strategies to train harder and recover more effectively make your body and your bike work with not against each other get the best most current information on proper positioning and cycling biomechanics and apply effective tactics and race strategies to ensure your success in time trials road races and criteriums Whether you re a competitor a club member or a weekend century rider Serious Cycling will give you the know how and the means to apply it so that you can reach your full potential *Smart Cycling* Arnie Baker,1997-03-26 Intended both for experienced racing cyclists who want to improve their skills and technique and for recreational riders who want to cycle for fitness or get into racing this book features a 12 week programme for stationary training There is also advice on topics such as choosing a bike [The Advanced Cyclist's Training Manual](#) Luke Edwardes-Evans,2013-06-30 The Advanced Cyclist s Training Manual aims to follow on from The Cyclist s Training Manual where the latter aimed to introduce the sport of cycling to the beginner audience The Advanced Cyclist s Training Manual looks to take the reader to the next level in their enjoyment of the sport There will be less emphasis on choosing your type of cycling and the basic skills and more emphasis on improving as a cyclist whether this be for competition or personal improvement As with the previous title this book will balance tried and tested practical guidance with stunning action and how to photography In addition there will be tips interviews and training logs from some of the world s best pro riders giving both insight and advice *INSCOM Journal* ,1996 **The NIH Record** ,1998 **Cycle World Magazine** ,1986-01 **Easy Rider** Jon Bridges,2012-10-24 More and more Kiwis are keen to take up cycling but don t know how to start Popular media personality Jon Bridges wants to take biking to the masses and have a good dose of fun along the way Easy Rider outlines the many joys of riding a bike in New Zealand and provides a complete beginners guide from riding for fun to commuting riding for fitness mountain biking and even racing We learn about the reasons for the reasons against there aren t any the basics of buying a bike and getting started riding in New Zealand traffic training and racing safety and etiquette maintenance gizmos gadgets Lycra and so much more Told with Jon s amiable sense of comedy boundless energy and passion for the subject and accompanied by

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