



# The Cyclist's Training Bible

*Friel Joe*

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**Coach Joe Friel is the most trusted name in endurance sports coaching, and his *Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists.** This new edition of the bestselling book includes all of the latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals.

Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can:

- best gauge intensity with power meters and other new training technology to maximize form and fitness and reduce fatigue;
- more knowledgeably and accurately make changes to their annual training plan over the course of a season;
- dramatically build muscular endurance with strength training;
- improve body composition and recovery with smarter nutrition.

With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance.

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The Cyclist's Training Bible can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into satisfaction arrangement in writing The Cyclist's Training Bible nevertheless doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be one of it. This great information may drawn you into completely new stage of crucial imagining.

#### **Patricia Rhee:**

Is it a person who having spare time and then spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This The Cyclist's Training Bible can be the reply, oh how comes? A book you know. You are and so out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

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