



A Companion to the Cyclist's Training Bible

Joe Friel

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Until now, readers had to sift through hundreds of pages of the latest edition of "The Cyclist's Training Bible" to find important revisions. This companion volume presents all of the new information cyclists need to improve their training in an easy-to-use format. Among the topics covered are nutrition, speed and power work, developing a contingency plan in case injuries or accidents intervene, and evaluating and integrating new technologies into an existing training program.

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