

Mp3 Midlife Sports Llc - Intro To Long Distance Cycling



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A new approach to fitness for real people with real lives who are tired of the "get fit quick" programs that are not producing results for them. 11 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Educational Show all album songs: Intro To Long Distance Cycling Songs Details: Midlife Sports provides training advice and products to people nationwide to help them build a healthy lifestyle through cycling. Those of us who have limited time for recreation don't want to spend it in the gym doing boring repetitive exercises or outside doing high-intensity training that is more appropriate for competitive cyclists. Though some of our members have gone on to performance-based training programs and even into competition. The Midlife Sports training program is designed for anyone from novices, people with weight issues, people with type II diabetes, people recovering from knee or hip injuries, people transitioning from other sports like running, and anyone else between the ages of 25 to 65 who have limited time for working on their physical fitness. Are you stuck at 30-40 mile rides or century rides over 6 hours? Are you ever frustrated because you don't seem to be getting any stronger or faster? Well, this CD is a great place to start. Cycling is more technique and nutrition than it is raw, physical power. We have had people in their mid 50s, with minimal cycling experience, do a 50-mile ride with only 4-6 weeks of the proper training and century rides in as little as 8 weeks. This program covers what type of bike to use, useful accessories, the proper clothing, bike safety, riding technique, training methods, and how to maintain the program on those days you just don't feel like getting on the bike (or even out of bed for that matter). The audio format is a convenient way to listen to the program while driving, working around the house, or performing other activities. Buy one for a friend and enjoy the adventure together! *** Rocky Mountain Cycling Club is one of the premier long-distance riding clubs in the nation. Members include three Race Across America winners and other distinguished cyclists. The club "Challenge Series" is a progression of timed rides at

200K, 300K, 400K, and 1200K distances (130-750 miles). *** Developed by USA Cycling certified coach Rick Russon of Midlife Sports LLC - the official training resource for RMCC.

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