

Performance Cycling: The Science Of Success - , Simon Jobson

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A users guide to the most cutting edge knowledge in cycling science. If youre a keen cyclist but want to know more about the science behind the bike, this is the book for you. Get the practical application of this knowledge to give you the performance edge and put you ahead of the peleton. The Science of Cycling is written by world renowned cycling authors alongside scientists working at the cutting edge of cycling research. Learn about: the latest training methodologies; how to implement pacing strategies; optimising nutrition; how to effectively set up your bike; and how to mentally prepare for optimal performance. Whether you are a novice or pro cyclist, The Science of Cycling Performance is the essential users guide to guarantee you reach your full potential. Author: Hopker, James Author: Jobson, Simon Publisher: Bloomsbury Publishing Illustration: N Language: ENG Title: Performance Cycling: The Science of Success Pages: 00000 (Encrypted PDF) On Sale: 2012-04-12 SKU-13/ISBN: 9781408146514 Category: Sports & Recreation : Cycling - General

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