



Your 12-week Guide to Cycling

By Paul Cowcher, Daniel Ford

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to Cycling, Paul Cowcher, Daniel Ford, Your 12-week Guide to Cycling offers an achievable step-by-step guide to help get an unfit person to a definable goal - a 25 km race in 12 weeks. The book outlines how to get started, what's needed and how to take that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition, motivation, stretching and so on. There is constant reaffirmation of achievements as he/she works through the programme. There will also be sections for the reader's own notes, which are important for that all-important feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- **Justus Hettinger**