



Mountain Bike Fitness Training

By John Metcalfe

Paperback. Book Condition: New. Not Signed; Mountain Bike Fitness Training is a comprehensive manual for recreational or competitive mountain bikers wishing to enhance their performance in off-road riding. It is also a valuable resource for those who, wanting to improve their general fitness, have chosen the sport of mountain biking as a fun way to develop better health. This book includes in-depth guidelines on every aspect of mountain bike fitness training. Readers will learn how to assess their fitness; develop training programmes tailored to their needs; formulate a realistic diet plan; and ride a smarter and more ergonomically efficient race. Where applicable, detailed descriptions of do-it-yourself fitness tests, skill drills and training exercises are given, allowing readers to boost their fitness and skill at home with minimal specialist equipment. Every area of mountain bike fitness is explained, with easy-to-understand scientific information and relevant mountain biking examples. All disciplines of mountain biking are covered in Mountain Bike Fitness Training. The book focuses on cross-country and downhill racing and includes other chapters dealing with expedition mountain biking; marathon mountain biking; the female mountain biker; the master/veteran rider; the young enthusiast; and the first-time racer. At last, the myths and false 'locker-room' theories of...



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