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## BICYCLING MAGAZINE'S TRAINING TECHNIQUES FOR CYCLISTS (REVISED: GREATER POWER, FASTER SPEED, LONGER ENDURANCE, BETTER SKILLS (2ND)



Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, Bicycling Magazine's Training Techniques for Cyclists (Revised: Greater Power, Faster Speed, Longer Endurance, Better Skills (2nd), Ben Hewitt, Proven training programs and pointers from cycling's most knowledgeable coaches--whether you're cycling competitively or just to keep fit!Now revised and updated with the latest advances in the sport, this book will help any rider achieve optimum cycling performance through proven training techniques from the sport's top experts. You'll find exercises to help improve...

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- Authored by Ben Hewitt
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## Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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