

The Bicycling Big Book of Training: The Ultimate Guide to Achieving Your Cycling Goals

By Joe Friel

The Bicycling Big Book of Training is the most comprehensive and up-to-date guide to cycling training available. Written by world-renowned coach Joe Friel, this book provides everything you need to know to achieve your cycling goals, whether you're a beginner just starting out or an experienced rider looking to take your performance to the next level.

The book covers all aspects of cycling training, from setting goals and creating a training plan to improving your fitness and performance on the bike. Friel also provides detailed advice on nutrition, recovery, and injury prevention. With over 500 pages of content, The Bicycling Big Book of Training is the ultimate resource for cyclists of all levels.



The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level

(Bicycling Magazine) by Tom Foreman

★★★★☆ 4.6 out of 5

Language : English

File size : 5164 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 386 pages

FREE

DOWNLOAD E-BOOK



What's Inside the Book?

- A step-by-step guide to setting goals and creating a training plan
- Detailed training programs for all levels of cyclists
- Advice on nutrition, recovery, and injury prevention
- Hundreds of illustrations and photos
- A glossary of cycling terms

Who is Joe Friel?

Joe Friel is one of the world's leading cycling coaches. He has coached hundreds of cyclists, including many professional riders. Friel is also the author of several other books on cycling, including *The Cyclist's Training Bible* and *Going Long: Training for Endurance Cycling*.

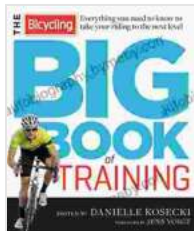
What Others Are Saying About the Book

"The Bicycling Big Book of Training is the most comprehensive and up-to-date guide to cycling training available. Joe Friel provides everything you need to know to achieve your cycling goals, whether you're a beginner just starting out or an experienced rider looking to take your performance to the next level." - Chris Carmichael, head coach of USA Cycling

"The Bicycling Big Book of Training is the ultimate resource for cyclists of all levels. Joe Friel covers all aspects of cycling training, from setting goals and creating a training plan to improving your fitness and performance on the bike. This book is a must-have for any cyclist who wants to reach their full potential." - Lance Armstrong

Free Download Your Copy Today!

The Bicycling Big Book of Training is available now at all major bookstores and online retailers. Free Download your copy today and start achieving your cycling goals!



The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level (Bicycling Magazine) by Tom Foreman

★ ★ ★ ★ ☆ 4.6 out of 5

Language : English

File size : 5164 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 386 pages



Celebrate the Luck of the Irish: Unveiling Saint Patrick's Day Holidays and Traditions

As the verdant hues of spring brush across the landscape, the world gears up for an annual celebration that exudes both merriments and cultural significance: Saint...



Cody Rodeo: A Photographic Journey into the Heart of the Wild West

Step into the arena of the Cody Rodeo, where the spirit of the American West comes alive in a vibrant spectacle of skill, courage, and determination. Through...