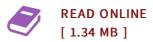




The Time-crunched Cyclist: Fit, Fast, Powerful in 6 Hours a Week (2nd Revised edition)

By Chris Carmichael, Jim Rutberg

VeloPress. Paperback. Book Condition: new. BRAND NEW, The Time-crunched Cyclist: Fit, Fast, Powerful in 6 Hours a Week (2nd Revised edition), Chris Carmichael, Jim Rutberg, In "The Time-Crunched Cyclist: Fit, Fast, and Powerful in 6 Hours a Week", Lance Armstrong's personal coach Chris Carmichael presents a revolutionary new approach to cycling training. "The Time-Crunched Cyclist" reveals the fastest way to get faster so that busy cyclists can build competitive cycling fitness on a realistic schedule. Complete with training plans, case studies, nutritional guidelines, and success stories, "The Time-Crunched Cyclist" is the book busy working professionals have been waiting for. Its proven concepts and training programmes enable cyclists to push the pace in the local group ride, have fun and perform well in local races, or tackle a challenging 100-mile fundraiser ride without committing to a high-volume training programme. Carmichael's popular time-crunched training programme shows cyclists how to build fitness fast by tapping the power of high-intensity interval workouts. Through 8 proven training plans, beginning and experienced cyclists will take a low-mileage route to new speed. Each plan includes effective time-crunched workouts, nutrition guidelines, and supplemental strength training. "The Time-Crunched Cyclist" will help former racers, bicycle commuters, cross fans, and mountain...



Reviews

This composed pdf is great. This can be for all those who statte that there was not a well worth looking at. I am just happy to explain how this is actually the finest pdf we have go through inside my own daily life and could be he greatest publication for ever.

-- Conrad Heaney

This pdf is amazing. I actually have go through and that i am sure that i will planning to read once again again in the future. You wont truly feel monotony at at any moment of the time (that's what catalogs are for regarding when you request me).

-- Wellington Connelly