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Cycling for Triathletes: Ironman; Endurance (Ironman Edition)

Paul Van Den Bosch

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It used to be said that a cycling specialist cannot win an Ironman - until Normann Stadler proved otherwise in the 2004 Hawaii Ironman. But even if winning an Ironman is not your primary goal, cycling remains a crucial part in every triathlon. This book was designed to meet the special demands of a triathlete in order to integrate the cycling in his overall training. Efficient training demands a clear insight in the right set-up of the training within a general triathlon training plan, the right training intensity, and the constant interplay of effort and relaxation. "Cycling for Triathletes" sheds light on the most important aspects of cycling training for triathletes, especially from a practical point of view. Paul Van Den Bosch deals with all training components of cycling training in a sound and, yet very understandable way. All the aspects of a triathlete's cycling training, like training forms, training with the heart rate monitor, or cycling technique, are fully illustrated with examples of training schedules. Every triathlete can adapt these schedules to his own needs. Questions about overtraining are also answered, and special attention is given to the nutrition of the cyclist. Also dealt with are, of course, the transitions before and after cycling, as well as the best training for climbing, strength training on the bike, non-drafting races and races where drafting is allowed. It is the latest title in the official "Ironman" books.

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From reader reviews:

Marlene Childs:

The book Cycling for Triathletes: Ironman; Endurance (Ironman Edition) will bring you to definitely the new experience of reading some sort of book. The author style to spell out the idea is very unique. In the event you try to find new book to see, this book very ideal to you. The book Cycling for Triathletes: Ironman; Endurance (Ironman Edition) is much recommended to you to learn. You can also get the e-book from the official web site, so you can more readily to read the book.

Valerie Wright:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Cycling for Triathletes: Ironman; Endurance (Ironman Edition), you can enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Charlie Seymour:

Your reading sixth sense will not betray you actually, why because this Cycling for Triathletes: Ironman; Endurance (Ironman Edition) book written by well-known writer we are excited for well how to make book which can be understand by anyone who also read the book. Written with good manner for you, dripping every ideas and publishing skill only for eliminate your own hunger then you still skepticism Cycling for Triathletes: Ironman; Endurance (Ironman Edition) as good book but not only by the cover but also with the content. This is one book that can break don't evaluate book by its protect, so do you still needing a different sixth sense to pick this kind of!? Oh come on your looking at sixth sense already said so why you have to listening to another sixth sense.

Richard Diller:

This Cycling for Triathletes: Ironman; Endurance (Ironman Edition) is great book for you because the content that is certainly full of information for you who all always deal with world and still have to make decision every minute. This particular book reveal it data accurately using great manage word or we can say no rambling sentences inside. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having Cycling for Triathletes: Ironman; Endurance (Ironman Edition) in your hand like having the world in your arm, information in it is not ridiculous a single. We can say that no guide that offer you world in ten or fifteen small right but this reserve already do that. So , this can be good reading book. Hi Mr. and Mrs. active do you still doubt this?

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