



Fitness Cycling (Fitness Spectrum)

Dede Demet Barry, Michael Barry, Shannon Sovndal

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Tired of the same ride at the same pace yielding the same results day after day? With *Fitness Cycling*, you will achieve maximum results from every cycling workout, whether you're trying to improve your times, bike longer distances, or simply increase your fitness level. With 60 workouts and 13 proven training programs at your fingertips, you will improve your physical conditioning *and* your performance.

World-class cyclists Michael and Dede Demet Barry, with noted exercise physiologist Dr. Shannon Sovndal, guide you through assessing your cycling fitness level and selecting a training program based on your individual goals.

The dozens of workouts include endurance rides, hill and speed training, time trials, and strength and lactate threshold sessions. Workouts are then arranged into four training zones to lead you from building a base to maintaining peak condition based on your fitness level and cycling ambition. Warm-up and cool-down methods, as well as expert conditioning guidelines, provide the information you need for more informed training, faster times, and improved fitness.

Put an end to the monotonous rides and begin cranking out meaningful miles. Whether you're looking to jump-start your training or to peak for a race, *Fitness Cycling* ensures that every workout keeps you on pace to meet your goals.

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Do you have favorite book? When you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each e-book has different aim as well as goal; it means that reserve has different type. Some people truly feel enjoy to spend their a chance to read a book. They are really reading whatever they acquire because their hobby is actually reading a book. Consider the person who don't like examining a book? Sometime, man feel need book if they found difficult problem as well as exercise. Well, probably you should have this Fitness Cycling (Fitness Spectrum).

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Carol Wells:

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