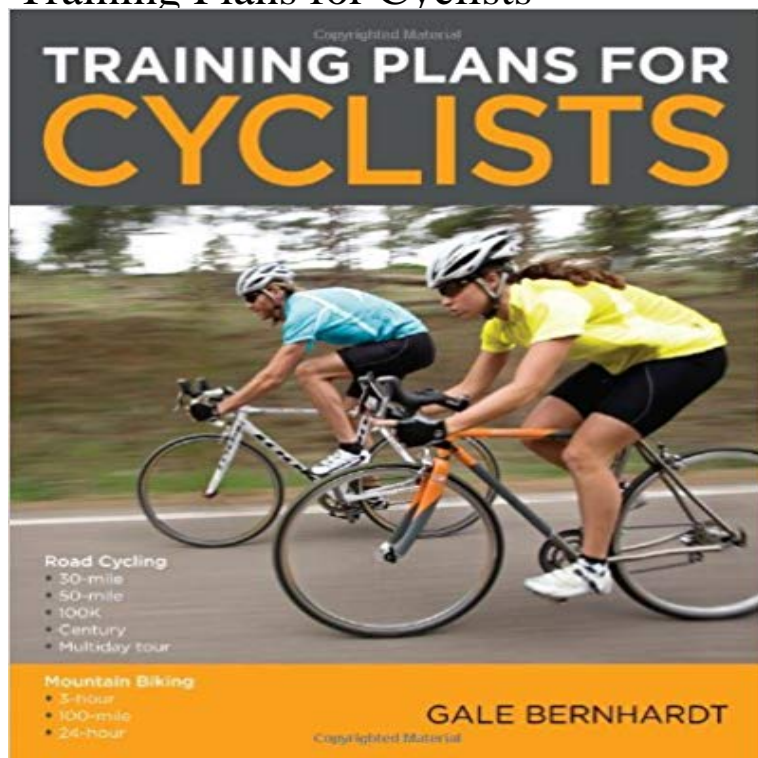


## Training Plans for Cyclists



This collection of 16 training plans from world-class cycling coach Gale Bernhardt is sure to prepare cycling enthusiasts and first-time riders alike for their biggest and best rides. Anyone looking to participate in a charity ride, multiday tour, or team cycling event can count on Training Plans for Cyclists to help reach their goal. Detailed training plans work toward goals and events that range from 30 to 100 miles for road and mountain bike cyclists. Adventurous cyclists can get fit for tours, from 3 days of 25 miles each to a week of 80-mile days. Off-road cyclists will find the preparation they need for epic weekend trail rides and mountain bike races. With chapters devoted to the basics of fitness, nutrition, stretching, and strengthening, this book is an essential guide for anyone who participates in cycling events or wants to break out of weekend-warrior status with a balanced training plan. Whatever the cyclist's agenda, Training Plans for Cyclists has a straightforward, sensible plan that promises to deliver more rewarding rides.

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