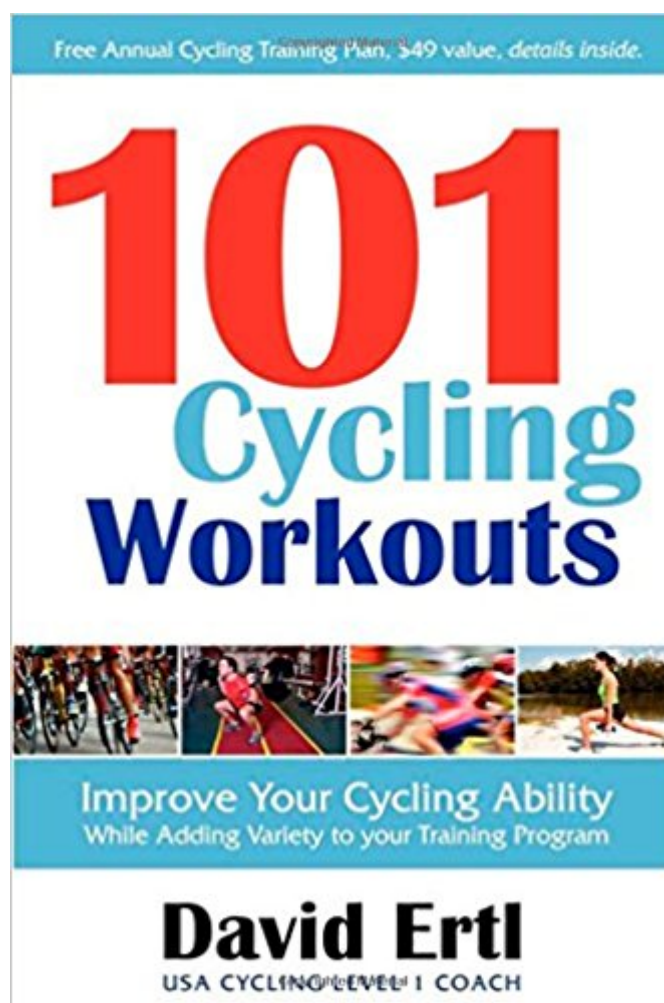


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# 101 Cycling Workouts: Improve Your Cycling Ability While Adding Variety To Your Training Program



## Synopsis

Whether you are a recreational cyclist, a bicycle racer or a triathlete, 101 Cycling Workouts is a must-have guide to help take your cycling to a new level. Rejuvenate and refresh your cycling training with a wide variety of workouts you've never thought of before. Add challenge to your training by trying new workouts that will develop you into a better and more fit cyclist. These workouts will add depth to your training by working on all the physiological systems of a complete cycling training program, including endurance, aerobic and anaerobic fitness, strength, speed and power. Additional non-cycling workouts and gym workouts are included to supplement your training on the bike. Use these workouts to train harder, smarter and more efficiently by making the most of your vital training time.

## Book Information

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## Customer Reviews

101 Cycling Workouts is the first comprehensive book covering the whole range of cycling workouts. Each workout describes the purpose, course description, workout description, and modifications which can be made to the workout. Many workouts can be done both outdoors and indoors. Introductory chapters discuss how to use these workouts and how to incorporate them into a structured training plan. 101 Cycling Workouts is essential for every cyclist's library!

David Ertl owns a fitness center in Des Moines, Iowa. He provides personal training, fitness coaching and weight loss management. He is a personal trainer with a certification from the National Strength and Conditioning Association (NSCA) which he's had since 2005. David is also a cycling

coach, with a coaching certification from USA Cycling, since 2001. He is currently a Level 1 (Elite) level coach, the highest certification available. David has been a competitive cyclist since 1973 and continues to compete at the present time. He is a coach of the Des Moines Cycle Club Race Team and also the coach for the JDRF Ride to Cure Diabetes, Iowa Chapter. David coaches individual cyclists, both recreational and competitive. The author previously worked in the crop genetics industry for 23 years as a Research Scientist and Research Director. His current occupation as personal trainer/cycling coach is a second career.

This is a publication any serious cyclist or even recreational cyclists should have in their library. It provides some great workouts and adds variety especially when you are stuck to riding indoors during the winter months on your trainer. Helps keep you interested and in shape and ready to hit the road in the Spring. A must have!!!!

Very good advices

Title should be about 81 workouts as some of the workouts are just variations of each other (and although a day off counts, it should not be included in the 101 #). With that said for the price, and if you have to do a lot of indoor training, well worth the money to alleviate boredom.

This is a very easy to use book that provides a multitude of ideas for work-outs.

I like this book because anytime I get bored of my current workouts I can find a new one that works the same system but is new and exciting. Great tool in the toolbox!

The workouts are unimaginative.

Just what the Dr.. ordered.

Excelentes productos

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Rowing WOD

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