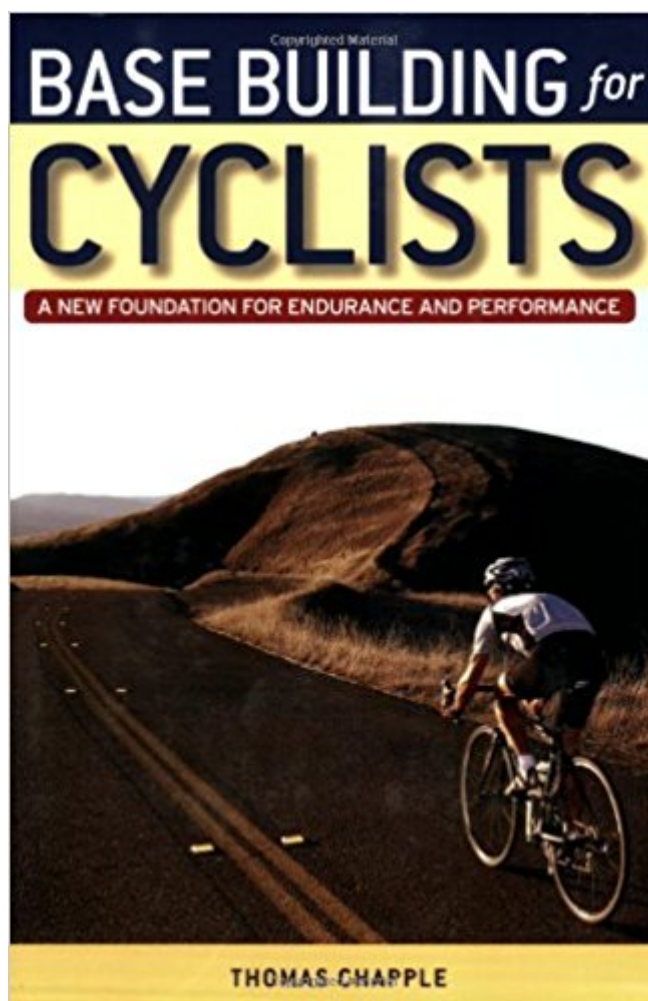




Ebook Directory
the best source of ebook

The book was found

Base Building For Cyclists: A New Foundation For Endurance And Performance



Synopsis

Cyclists of any age, experience, skill, and talent level can reach their full potential as both athlete and individual by training their bodies and minds for athletic competition. Ultrafit coach Thomas Chapple shows how with this practical guide. Based on the idea that success depends on the extent to which cyclists build their foundation of aerobic fitness, or their "base," for the road ahead, the book explains step-by-step how to build a bigger aerobic engine, work up to higher volumes, and make significant improvements in strength, endurance, and speed.

Book Information

Paperback: 302 pages

Publisher: VeloPress (January 1, 2007)

Language: English

ISBN-10: 193138293X

ISBN-13: 978-1931382939

Product Dimensions: 6.1 x 0.8 x 8.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (49 customer reviews)

Best Sellers Rank: #108,578 in Books (See Top 100 in Books) #96 in Â Books > Sports & Outdoors > Individual Sports > Cycling #1398 in Â Books > Sports & Outdoors > Outdoor Recreation

Customer Reviews

I'm a recreational cyclist, getting in a ride a week at best of around 25-35 miles, while otherwise hitting the gym 2-3 times a week. I was frustrated because my speed wasn't improving, my weight loss had bottomed out (although I knew I could lose a bit more,) and I often found that I was getting head colds and such every couple of months. Then I found "Base Building for Cyclists". I've read this book cover-to-cover, and applied Chapple's philosophies. My cycling endurance and speed has improved, I lost another 8 lbs of unproductive body fat, and I got even more excited to get on the saddle and out on the road. Chapple's approach is simple: Riding hard all the time will not improve your cycling performance. He proposes a program of training that starts out slow and builds from there. How you train depends on what areas you need to improve. I needed to build my endurance, and learned to ride slower to train my body to burn fat using carbs for the fire, rather than just burning the carbs. Results: longer rides and faster speeds after a few weeks of progressively harder rides (and no more over-extending and getting sick!) It's an interesting book in that you're way past page 100 before you get to the training plans. He spends a lot of chapters giving you the

background you need to develop your own program. This is good - you understand what to eat and when, how to balance aerobic and anaerobic training, where strength training fits in and what exercises to do, and how your body processes food for your muscles. He does all this in a very readable form. To me, this is outstanding.

[Download to continue reading...](#)

Base Building for Cyclists: A New Foundation for Endurance and Performance The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance Implementing Cisco IP Telephony and Video, Part 2 (CIPTV2) Foundation Learning Guide (CCNP Collaboration Exam 300-075 CIPTV2) (3rd Edition) (Foundation Learning Guides) Learning AV Foundation: A Hands-on Guide to Mastering the AV Foundation Framework Weeds of the South (Wormsloe Foundation Nature Book) (Wormsloe Foundation Nature Book Ser.) The Ultimate Bicycle Owner's Manual: The Universal Guide to Bikes, Riding, and Everything for Beginner and Seasoned Cyclists The Power Meter Handbook: A User's Guide for Cyclists and Triathletes Faster: The Obsession, Science and Luck Behind the World's Fastest Cyclists The Cyclists Training Blueprint - Just Training Programs Andy Pruitt's Complete Medical Guide for Cyclists Mid-life Cyclists DIY Satellite Platforms: Building a Space-Ready General Base Picosatellite for Any Mission Building Applications with the Linux Standard Base Minecraft: Minecraft Building Guide: Ultimate Blueprint Walkthrough Handbook: Creative Guide to Building Houses, Structures, and Constructions with Building ... Minecraft Houses, Minecraft Handbook) Chicken Coop Building: Step by Step Guide for Beginners (Chicken Coop Building, Backyard Chickens, Chicken Coop Plans, Building Chicken Coops) Chicken Coop Building: The Complete Beginners Guide To Chicken Coop Building - Discover Amazing Plan To Building The Perfect Chicken Coop! (Chicken Coops ... Coop Plans, How To Build A Chicken Coop) First Year of Marriage: The Newlywed's Guide to Building a Strong Foundation and Adjusting to Married Life The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding A Phonetics Workbook for Students: Building a Foundation for Transcription (The Allyn & Bacon Communication Sciences and Disorders) Devotions For Dating Couples: Building A Foundation For Spiritual Intimacy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)