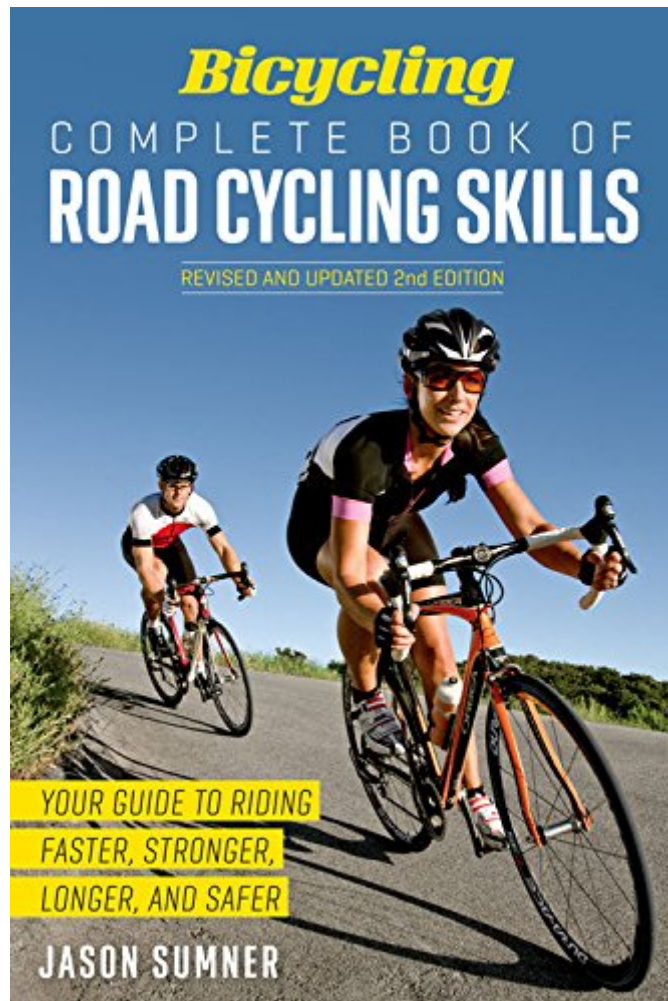


The book was found

Bicycling Complete Book Of Road Cycling Skills:Â Your Guide To Riding Faster, Stronger, Longer, And Safer



Synopsis

Take your road cycling skills to the next level with the latest techniques, equipment, and skills. This completely revised edition of the popular handbook for everyday road cyclists is a comprehensive guide to road cycling skills and safety from the most trusted name in cycling, Bicycling magazine. Updated to include contemporary expert sources, fresh photography, and cutting-edge information on cycling technology, nutrition and supplementation, training, riding techniques, safety, and performance, this is a book no road cyclist should be without. You can improve your performance and bike skills, and this book will show you how. You'll learn how to ensure your bike is in tip-top shape in 8 easy steps, prevent injury and knee pain, boost your efficiency with smooth pedaling and proper form, brake without wasting speed or wiping out, discover the benefits of riding in a paceline, and master the skills of riding in traffic. Packed with tips from professional cyclists, coaches, and experts, Bicycling Complete Book of Road Cycling Skills is the ultimate guide to riding faster, stronger, longer, and safer.

Book Information

File Size: 15222 KB

Print Length: 224 pages

Publisher: Rodale; 2 Rev Upd edition (August 30, 2016)

Publication Date: August 30, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AC5JFQM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #247,927 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

in Books > Sports & Outdoors > Individual Sports > Cycling > Bike Repair #117 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Cycling #1407 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

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