



# **The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level**

*Danielle Kosecki*

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*Bicycling Big Book of Training* is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen.

The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on-the-bike performance, while discovering the components of a successful training plan, including nutrition. Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them.

*Bicycling Big Book of Training* is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level.

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