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## A Companion to the Cyclists Training Bible

By Joe Friel

Velo Press. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Until now, readers had to sift through hundreds of pages of the latest edition of The Cyclists Training Bible to find important revisions. This companion volume presents all of the new information cyclists need to improve their training in an easy-to-use format. Among the topics covered are nutrition, speed and power work, developing a contingency plan in case injuries or accidents intervene, and evaluating and integrating new technologies into an existing training program. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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