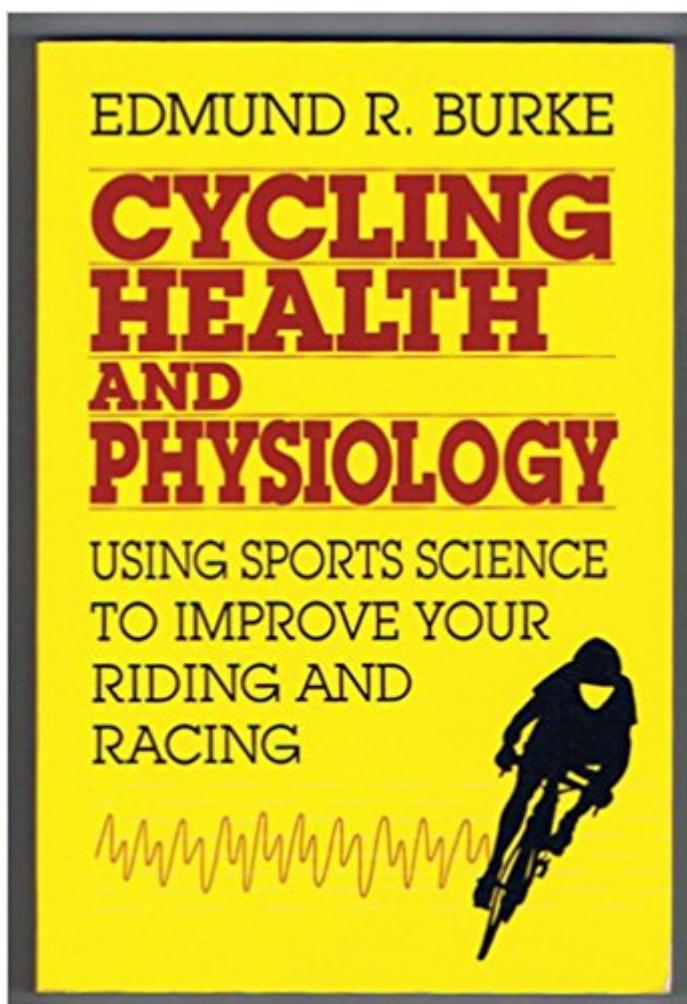


The book was found

# Cycling Health And Physiology: Using Sports Science To Improve Your Riding And Racing



## Synopsis

U.S. Olympic cycling manager Ed Burke presents practical cyclist-to-cyclist advice on how the heart, lungs, and muscles work and how this knowledge can help any rider get the most out of the sport. This is the book for the cyclist who wants to know the why of training, not just how. --This text refers to an alternate Paperback edition.

## Book Information

Paperback: 234 pages

Publisher: Vitesse Pr (May 1992)

Language: English

ISBN-10: 0941950255

ISBN-13: 978-0941950251

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.8 out of 5 starsÂ  [See all reviewsÂ \(4 customer reviews\)](#)

Best Sellers Rank: #11,506,505 in Books (See Top 100 in Books) #56 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Science #6340 inÂ Books > Sports & Outdoors > Individual Sports > Cycling #63803 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

I read Serios Cycling from Ed Burke and realized that there is more to cycling than mere racing. Being a "new" cyclist at the age of 43 I had great difficulty to match the "older" cyclists that have been cycling competitatively for the last 25 years. This book helped me to see what is all the preparation work behind the scenes. Mere fitness is not enough. You tend to hit the wall during training rides and feel confused because you are still not there. The understanding of how muscles work and what they need to continue performing at extreme levels of endurance made me to adapt my diet and pre-race preparation to ensure maximum energy, nutrition and oxygen are available to the working muscles to perform at their best. It was a complete mind change but today, less than three months since I bought this book fellow cyclist are questioning if I use steriods. They could not believe the improvement! The book is well laid out to explain the basic as well as the advanced detail of the body and mind and how to overcome those stages where you seem not to progress at all. If you are serious about cycling, get this book. You'll see what I mean!

I will be reading this book several times. It's packed with information on how to maximize your

training session, off-season training advice, nutritional info, how to cope with jet lag, ad infinitum. I recommend this book to all who take this sport seriously.

This book is written for the "layman" in regards to the physiology behind the sport of cycling. As someone not familiar with VO2 max or heart rate training or even different methods of training, this book is perfect. As someone with an Exercise Physiology background, however, this book was nothing more than a review of everything I have learned. I was looking for something more physiologically based.

This book is written for the "layman" in regards to the physiology behind the sport of cycling. As someone not familiar with VO2 max or heart rate training or even different methods of training, this book is perfect. As someone with an Exercise Physiology background, however, this book was nothing more than a review of everything I have learned. I was looking for something more physiologically based.

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

Cycling Health and Physiology: Using Sports Science to Improve Your Riding and Racing CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Cycling: Bicycling Made Easy: Beginner and Expert Strategies For Performing Better On Your Bike (Cycling Training For Fitness & Sports Competition Beginners & Expert) My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Equitation Tips- 20+ Exercises to Improve Your Riding Position: For Dressage, Hunter, Jumper and Horseback Riding in General (Equestrian Skill Builders Book 1) Bicycling Complete Book of Road Cycling Skills:Â A Your Guide to Riding Faster, Stronger, Longer, and Safer Renal Physiology: Mosby Physiology Monograph Series (Mosby's Physiology Monograph) Horseback Riding - 10 Simple Lessons That Will Transform Your Horse Riding and Training CARB CYCLING: Recipes for Beginners! - The Ultimate Carb Cycling Guide to Weight and Fat Loss Tino Tabak - Dreams and Demons of a New Zealand Cycling Legend (New Zealand Cycling Legends Book 5) Fasting: The Intermittent Fasting Bible: Intermittent Fasting - Flexible Diet & Carb Cycling (Belly Fat, Ketogenic, High Carb, Slow Carb, Testosterone, Lean Gains, Carb Cycling) Pilgrim Spokes: Cycling East Across America (Cycling Reflections Book 2) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) St Mary's BSc Sports Science Bundle: Physiology and Biomechanics:

Introduction to Sports Biomechanics: Analysing Human Movement Patterns [Paperback] [2007] (Author) Roger Bartlett The Bicycling Big Book of Cycling for Beginners: Everything a new cyclist needs to know to gear up and start riding Riding: The Game of Polo (Riding series) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) BETTING GUIDE FOR HORSE RACING: Professional betting strategies for "Horse Racing" Betting Guide is all about placing your Bets intelligently for better winning results. "Bet Smart" Five Things You Can Do in 30 Minutes to Improve Your Riding Forever Beckett Racing Price Guide and Alphabetical Checklist (Beckett Racing Collectibles and Die-Cast Price Guide, 7)

[Dmca](#)