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Titolo	Bicycling complete book of road cycling skills : your guide to riding faster, stronger, longer, and safer // Jason Sumner
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ISBN	1-62336-496-5
Edizione	[Revised and updated second edition.]
Descrizione fisica	1 online resource (162 pages) : illustrations
Disciplina	796.6
Soggetti	Cycling Bicycle touring
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Sommario/riassunto	<p>This updated edition provides information on cycling technology, nutrition and supplementation, training, riding techniques, safety, and performance. The book also features advice for riding in various weather conditions, at certain times of the year, and on a variety of road types. It includes specific workouts, bike-selection advice, apparel suggestions, and medical concerns.</p> <p>Updated to include contemporary expert sources and fresh photography, it provides cutting-edge information on cycling technology, nutrition and supplementation, training, riding techniques, safety, and performance. The book also features advice for riding in various weather conditions, at certain times of the year, and on a variety of road types. Bicycling Complete Book of Road Cycling Skills includes specific workouts, bike-selection advice, apparel suggestions, and an entire chapter on medical concerns. Backed by the authority of the most trusted name in cycling, this is a book no road cyclist should be without.</p>