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Nota di contenuto	Chapter 1: Bicycle Development & Technology -- Chapter 2: Drag & Aerodynamics -- Chapter 3: Biomechanics of Cycling -- Chapter 4: Muscle Physiology and Force Development -- Chapter 5: Building A Power Dynamometer.
Sommario/riassunto	This book is not just for professional cyclists who look to improve their performance on the bicycle. The bicycle is also used in a variety of activities by enthusiasts in commuting; club riding and long-distance solo adventures. By gaining a deeper understanding of the human factors and physiology, cyclists can self-coach to improve their cycling with improved comfort and speed. However, it is often the perception of the cycling enthusiast that the latest frame and component technology play a significant role in rider performance. While this may be true for the professional rider it is because they are biomechanically fitted to their machine. Hence, the purpose of this book is to look beyond the tradition and myth of bicycle setup to help the motivated everyday rider gain a practical understating of the factors that influence their performance. This can be achieved in combination with web-

based application tools. If the reader wishes to go further, the book demonstrates a method to build their own power dynamometer to gain an objective measure of their forces (kinetics) of motion. Essentially, by gaining knowledge of cycling biomechanics and measuring and evaluate their own performance, the reader may become their own coach.
