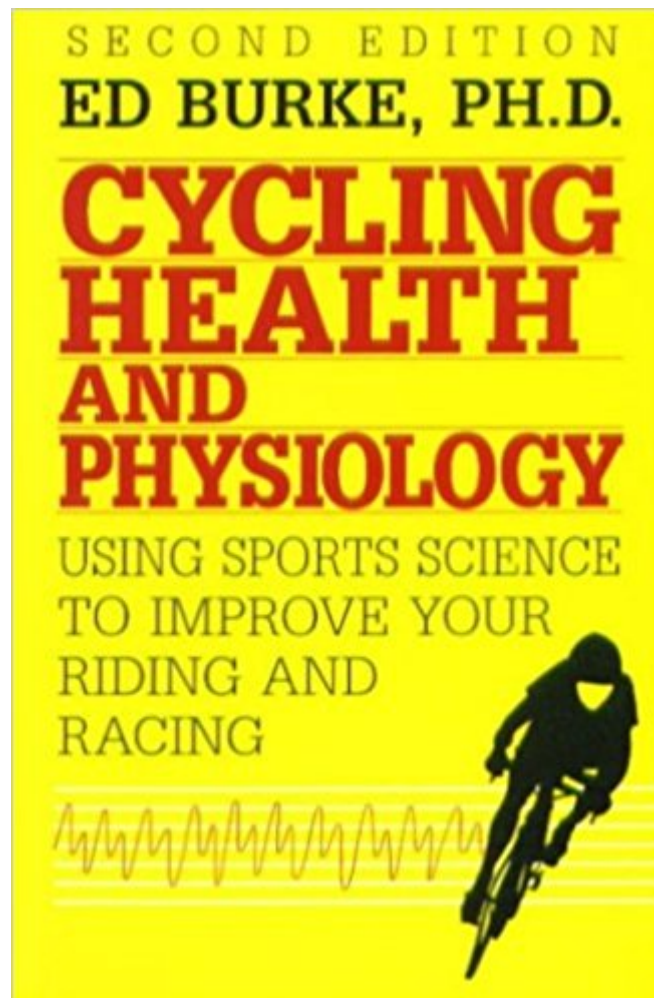




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# Cycling Health And Physiology: Using Sports Science To Improve Your Riding And Racing



## 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.

## Book Information

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## Customer Reviews

Burke brings sport science out of the Olympic athlete arena and into everyone's life so that you too can ride faster, stronger and more powerful --Chris Carmichael, 1996 Olympic Cycling Team Head Coach and Tour de France winner Lance Armstrong's personal coach. Ed Burke writes in a clear, straightforward style that makes sport science easy to understand and to apply to our riding. Once again, he comes through for us with information about bicycling physiology, nutrition, training, and general cycling health issues. It's just what we want and need to know. --Arnie Baker, M.D. -- 5-Time U.S. National Cycling Champion, author of six books on bicycling, and licensed Elite USCF coach whose riders have won more than 50 National Championships and set more than 20 U.S. records

Chris Carmichael, the 1996 U.S. Olympic Cycling Team coach and personal coach for Olympian Lance Armstrong, says, "Burke moves sport science out of the Olympic athlete arena and into everyone's life so that you too can ride faster, stronger, and more powerful."

I read Serious 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 competitively 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 steroids. 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!

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.

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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.

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