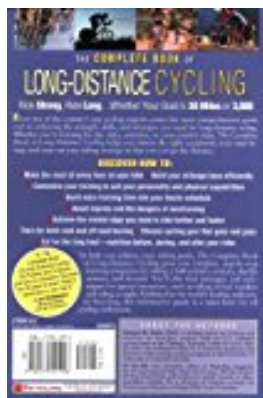


# [PDF] The Complete Book Of Long-Distance Cycling: Build The Strength, Skills, And Confidence To Ride As Far As You Want

Edmund R. Burke, Ed Pavelka - pdf download free book

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#### Books Details:

Title: The Complete Book of Long-Distance Cycling  
Author: Edmund R. Burke, Ed Pavelka  
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#### Description:

**From** These days, bike riders, like runners, are not satisfied with just a tour around the

neighborhood. Long-distance challenges like the AIDS Ride and Race Across America (RAAM) have grown in popularity. Burke and Pavelka, both with years of experience competing, writing about the sport, and working with professional cyclists, team up for this thorough resource that includes all facets of long-distance biking. Not only do they cover the basics, such as best bike gear, proper nutrition, and what type of bike to buy, but they give the lowdown on the latest equipment and explain bike technology without oversimplifying. Readers will become familiar with bike lingo such as *dual-suspension*, *aero bars*, and *lactate threshold*. Serious bikers will surely mark, part 2, "The Rides," which includes training schedules, charts, and race tactics to prepare beginners and experienced cyclists for Centuries (100 mile rides) to Ultra's (any distance over 100 miles). Although the book includes a small section on women's issues, a good supplement would be *The Female Cyclist* (Velo Press, 1999). Recommended to build any cyclist's knowledge and confidence to conquer long rides. *Brenda Barrera*

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### **From the Back Cover** *The Complete Book of Long-Distance Cycling*

Ride Strong, Ride Long ... Whether Your Goal Is 30 Miles or 3,000

From two of the country's top cycling experts the most comprehensive guide ever to achieving the strength, skills, and strategies you need for long-distance riding. Whether you're training for day rides, centuries, or cross-country trips, *The Complete Book of Long-Distance Cycling* helps you choose the right equipment, train step-by-step, and map out your riding strategy so that you can go the distance.

Discover how to:

- \* Make the most of every hour on your bike
- \* Build your mileage base efficiently
- \* Customize your training to suit your personality and physical capabilities
- \* Build extra training time into your hectic schedule
- \* Avoid injuries and the dangers of overtraining
- \* Achieve the mental edge you need to ride farther and faster
- \* Train for both road and off-road touring
- \* Choose cycling gear that goes and goes
- \* Eat for the long haul-- nutrition before, during, and after your rides

To help you achieve your riding goals, *The Complete Book of Long-Distance Cycling* gives you complete, step-by-step training programs for riding a half-century, century, double century, and beyond. You'll also find strategies and techniques for special situations, such as riding in bad weather and riding at night. Published by the world's leading authority on bicycling, this informative guide is a must-have for all cycling enthusiasts.

#### ABOUT THE AUTHORS

**Edmund R. Burke, Ph.D.**, a leading expert on training and nutrition for bicyclists, worked with the U.S. national cycling team at the Olympic Training Center for more than 20 years. An endurance rider, he is currently professor and director of the exercise science program at the University of Colorado at Colorado Springs.

**Ed Pavelka** was executive editor of *Bicycling* magazine for 10 years and of *Velo News* for 8 years. He has written 20 bicycling books and holds two world records in ultra-marathon cycling. He is director of Internet content for Performance Bicycle in Chapel Hill, North Carolina.

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