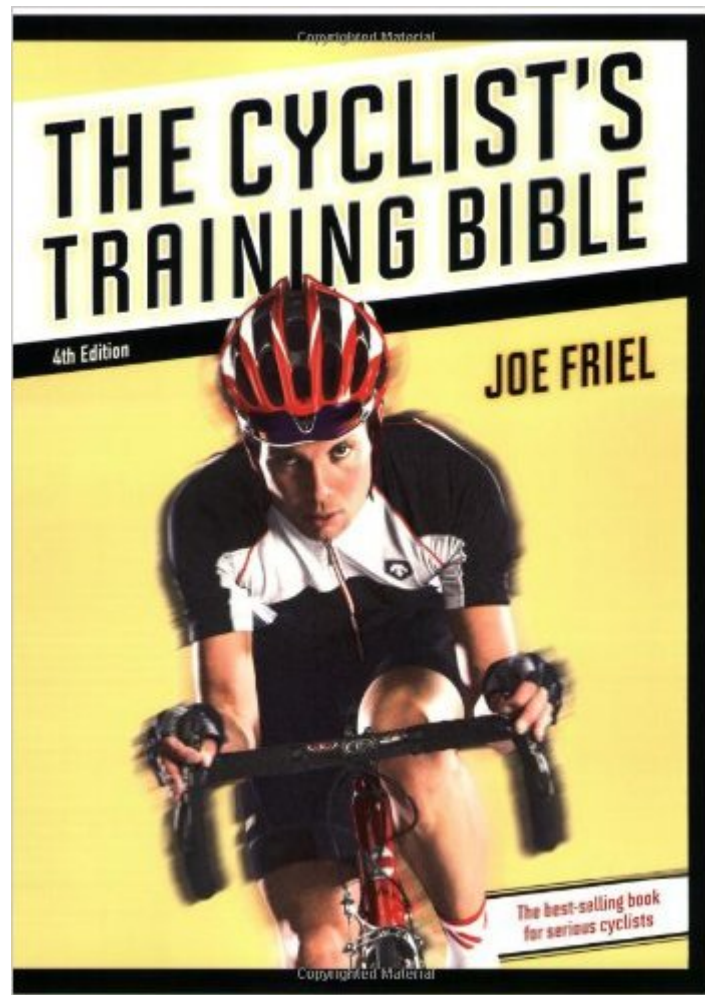


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# The Cyclist's Training Bible



## Synopsis

Coach Joe Friel is the most trusted name in endurance sports coaching, and his *Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists. This new edition of the bestselling book includes all of the latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals. Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can: best gauge intensity with power meters and other new training technology to maximize form and fitness and reduce fatigue; more knowledgeably and accurately make changes to their annual training plan over the course of a season; dramatically build muscular endurance with strength training; improve body composition and recovery with smarter nutrition. With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance.

## Book Information

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## Customer Reviews

I bought this book (3rd edition) when I first started road cycling. I used the knowledge from this book to develop my own training plan and start racing. After applying the principles of this book, the results have been incredible, I went from being dropped on group rides to leading the pack and racing with great results. Joe Friel's training bible lays out your training regimen with the proper

balance of intensity, duration and recovery to maximize results. I would recommend this book to anyone who is looking to break the limits of their cycling fitness. It is certain that if you follow the training cycles as outlined including base, build, recovery, peak, and race phases you WILL improve your cycling and be faster and have more endurance than you ever had.

The book is suitable for all cyclists (except maybe complete beginners) who want to systematically improve performance. I wish this book had been available years ago when I raced a bit. In those days, training meant just doing loads and loads of miles as fast as possible. Due to the fatigue that resulted from overtraining, this wasn't really very fast. Although I have no wish to compete now, I just wanted to improve my speed and especially climbing. I was a little apprehensive that it would be at too high a level for an old geezer like me, In fact this book has revitalised my rides and the results have been far better than I thought possible. I first tried the e-book version, which was very disappointing due to the format. The book is really a text book and I found the e-book format very unsuitable for frequent skipping back and forth, and for reading the detailed tables etc. I could see that the problem was with the format, not the book itself, so I bought the paperback version - much better.

I bought this book based upon a presentation made at our bike club and after reading other reviews. I am not a hard core biker, though I have raced cyclocross and done a couple of centuries. This book is addressed to the hard core racer. Having said that it has some good ideas that regular people can use to improve their general fitness and get faster on a bike, or just to get more fit. I am not sorry I bought it, and now use my version of Lactic Threshold Heart Rate (LTHR) training. It is a step up from what I used to do which was hard day / easy day training based upon above or below 70% of Heart Rate Reserve. (Max - Resting)

If you are looking to take your riding to the next level this is a must have. If you're not very self disciplined I would forgo the book and just look into getting a coach, but this book has everything about developing a training plan and many sample workouts. I was able to cat up a couple categories in a season and lots of that was due to the training plan I created with the help of this book.

This is a great book! A little overwhelming at first, but thorough and accessible. Great for understanding the theory behind training and nutrition, and also practical for formulating your own

plan. A great workbook and resource

The Ultimate resource for understanding the training cycle - especially the relationship of how rest and the timing of recovery week actually form the basis for the BUILD phases and why you really should rest and recover so you can come back stronger. But, hey, if I'm racing you, go ride hard every day and don't waste your time reading this!

I found this book to be very helpful for planning my training year so I would be on form for the races I want to do well in. It contains all the information needed to plan your training for the year, then by period, then by week down to each specific work out. There is great advice in this book for all levels of cyclist, from the novice to the experienced. This book is a lot cheaper than a set of carbon fibre wheels and it will improve your race performance more than the wheels.

Lots of good information but I felt it was scattered and I had to wade through a lot of material to get to it. I was really interested in trying some of the workouts but was disappointed in the lack of details in the "workout menu" in the appendix. The author describes workouts throughout the book but to get all the details you need to flip back and forth, which is annoying. Lastly I did not care for the author's recommendation of the Paleo diet. There's plenty of scientific evidence that debunks this diet. I start to question other material that is presented in the book as truth. In general there's not much research cited throughout the book.

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