

Time-Crunched Cyclist: Race-Winning Fitness in 6 Hours a Week (Paperback)



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(Dr. Fausto Jenkins Sr.)*

TIME-CRUNCHED CYCLIST: RACE-WINNING FITNESS IN 6 HOURS A WEEK (PAPERBACK)

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VELOPRESS, United States, 2017. Paperback. Condition: New. 3rd edition. Language: English . Brand New Book. The Time-Crunched Cyclist reveals the fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events. With elite cycling coach Chris Carmichael s innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Now powered by Strava, this updated third edition of The Time-Crunched Cyclist training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts, one segment at a time. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don t have enough time to train. So CTS developed a new approach--the Time-Crunched Training Program--to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. The Time-Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval training (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. Nine comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. The new Time-Crunched Training Plans cover: - New and Experienced plans for criteriums, road races, and cyclocross - New, Experienced, and Competitive plans for century rides and Gran Fondos - Gravel racing and ultraendurance mountain biking plans - Intermediate and Advanced plans for commuters This new, third edition integrates Strava, the popular ride tracking and analysis program. Powered by Strava, the Time-Crunched program becomes interactive, social, highly motivating--and focuses...

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