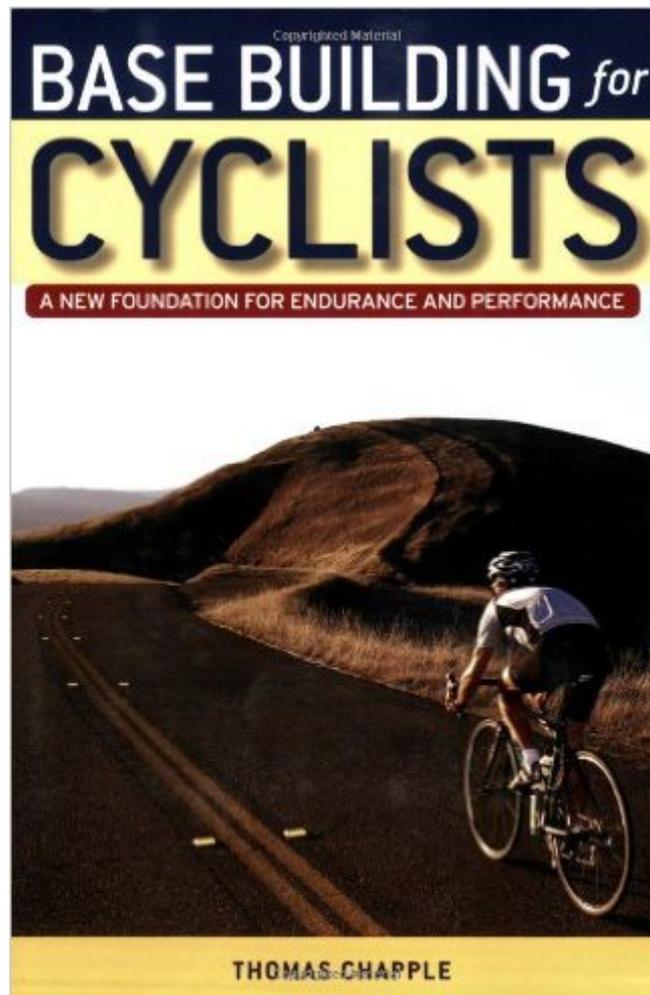


The book was found

Base Building For Cyclists: A New Foundation For Endurance And Performance



Synopsis

Cyclists of any age, experience, skill, and talent level can reach their full potential as both athlete and individual by training their bodies and minds for athletic competition. Ultrafit coach Thomas Chapple shows how with this practical guide. Based on the idea that success depends on the extent to which cyclists build their foundation of aerobic fitness, or their "base," for the road ahead, the book explains step-by-step how to build a bigger aerobic engine, work up to higher volumes, and make significant improvements in strength, endurance, and speed.

Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (49 customer reviews)

Best Sellers Rank: #108,578 in Books (See Top 100 in Books) #96 in [Books > Sports & Outdoors](#) > Individual Sports > Cycling #1398 in [Books > Sports & Outdoors > Outdoor Recreation](#)

Customer Reviews

I'm a recreational cyclist, getting in a ride a week at best of around 25-35 miles, while otherwise hitting the gym 2-3 times a week. I was frustrated because my speed wasn't improving, my weight loss had bottomed out (although I knew I could lose a bit more,) and I often found that I was getting head colds and such every couple of months. Then I found "Base Building for Cyclists". I've read this book cover-to-cover, and applied Chapple's philosophies. My cycling endurance and speed has improved, I lost another 8 lbs of unproductive body fat, and I got even more excited to get on the saddle and out on the road. Chapple's approach is simple: Riding hard all the time will not improve your cycling performance. He proposes a program of training that starts out slow and builds from there. How you train depends on what areas you need to improve. I needed to build my endurance, and learned to ride slower to train my body to burn fat using carbs for the fire, rather than just burning the carbs. Results: longer rides and faster speeds after a few weeks of progressively harder rides (and no more over-extending and getting sick!) It's an interesting book in that you're way past page 100 before you get to the training plans. He spends a lot of chapters giving you the

background you need to develop your own program. This is good - you understand what to eat and when, how to balance aerobic and anaerobic training, where strength training fits in and what exercises to do, and how your body processes food for your muscles. He does all this in a very readable form. To me, this is outstanding.

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