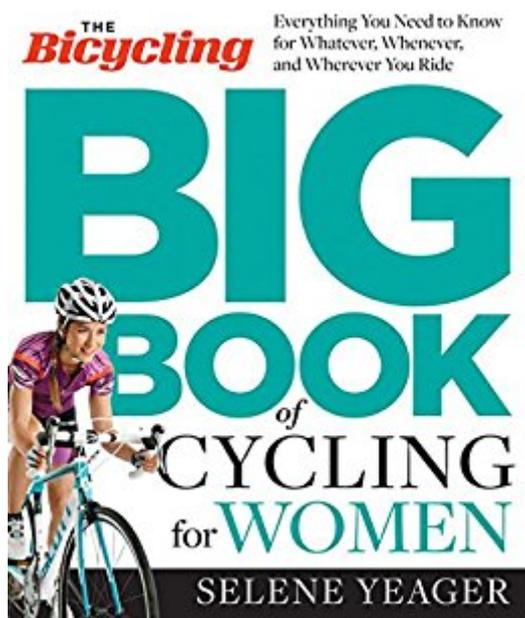


The book was found

The Bicycling Big Book Of Cycling For Women:Â Everything You Need To Know For Whatever, Whenever, And Wherever You Ride



Synopsis

It's a fact: Women are built differently than men. That means that women's bodies react differently to training, nutrition, and sometimes even riding itself. Yet most bicycling books are written without addressing any of these differences. This comprehensive cycling book addresses how to gear up and prepare for any goal--whether you want to ride for pleasure, complete your first 100 miles, or line up at a race. Top professional cyclist Selene Yeager has teamed up with the editors of Bicycling magazine to create *The Bicycling Big Book of Cycling for Women*, an easy-to-follow instructional manual geared specifically toward women and their unique needs. It breaks down the sport of cycling into easily digestible sections, beginning with the history of women's cycling and progressing into equipment, lifestyle, technique, training, fitness goals, nutrition, maintenance, and more. The book also includes a women-specific section regarding hormones and exercise performance, cycling while menstruating, cycling while pregnant, how menopause affects your training, and how specific parts of the female body are uniquely affected by cycling. *The Bicycling Big Book of Cycling for Women* is an indispensable, lifelong guide for every female cyclist.

Book Information

File Size: 11673 KB

Print Length: 322 pages

Page Numbers Source ISBN: 1623364868

Publisher: Rodale (September 15, 2015)

Publication Date: September 15, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00WTETGLO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #433,252 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #217

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Cycling #658

in Books > Sports & Outdoors > Individual Sports > Cycling #2662 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

As a relative newbie (only 2 years riding) I was so happy to find this book!!! I was primarily riding with a man who was teaching me what he knew and how he rode...I have learned so much about women and riding. My speed has improved through better technique, food choices, recovery and understanding of what is happening during this awful change of life! Thank you so much Selene Yeager for helping to fall even more in love with cycling!

If you are a woman and you RIDE or you are thinking about riding, then you need this book! It will answer any cycling question you've ever had or ever will have!!! Bicycling Magazine's Fit Chick will answer all your cycling questions from what to wear to can you cycle while pregnant! Anything, and I mean anything, you've wanted to know about bikes and cycling is covered in Selene's book! A great go-to book that you'll be reaching for often for cycling help, advice, stories and tips! I'm a woman and I ride, indoors and on the road and trails, and I learned a lot! Definitely a 5-Star purchase!!!!

Awesome book, packed full of important and interesting information. A must for anyone new or returning to bicycling.

It's a book for BEGINNER female cyclists. It would have been more valuable to have about 4 years ago :)

Lots of great information for women cyclist. My Go to book when I have a question.

Great information. I wish i had read it before i bought my bike!

Very helpful information especially before buying a bike

[Download to continue reading...](#)

The Bicycling Big Book of Cycling for Women:Â Everything You Need to Know for Whatever, Whenever, and Wherever You Ride CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss The Bicycling Big Book of Cycling for Beginners: Everything a new cyclist needs to know to gear up and start riding Cycling: Bicycling Made Easy: Beginner and Expert Strategies For Performing Better On Your Bike (Cycling Training For Fitness & Sports Competition Beginners & Expert) Everything You

Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) The Bicycling Guide to Complete Bicycle Maintenance & Repair:Â For Road & Mountain Bikes (Bicycling Guide to Complete Bicycle Maintenance & Repair for Road & Mountain Bikes) A Teaspoon of Courage for Kids: A Little Book of Encouragement for Whenever You Need It Bicycling Complete Book of Road Cycling Skills:Â Your Guide to Riding Faster, Stronger, Longer, and Safer The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) The BIG Book on the Lap-Band: Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG Books on Weight Loss Surgery 1) Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) Tino Tabak - Dreams and Demons of a New Zealand Cycling Legend (New Zealand Cycling Legends Book 5) Pilgrim Spokes: Cycling East Across America (Cycling Reflections Book 2) CARB CYCLING: Recipes for Beginners! - The Ultimate Carb Cycling Guide to Weight and Fat Loss Fasting: The Intermittent Fasting Bible: Intermittent Fasting - Flexible Diet & Carb Cycling (Belly Fat, Ketogenic, High Carb, Slow Carb, Testosterone, Lean Gains, Carb Cycling) The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) The BIG Book on the Lap-Band: Everything You Need to Know to Lose Weight and Live Well with the Adjustable Gastric Band 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam)

[Dmca](#)