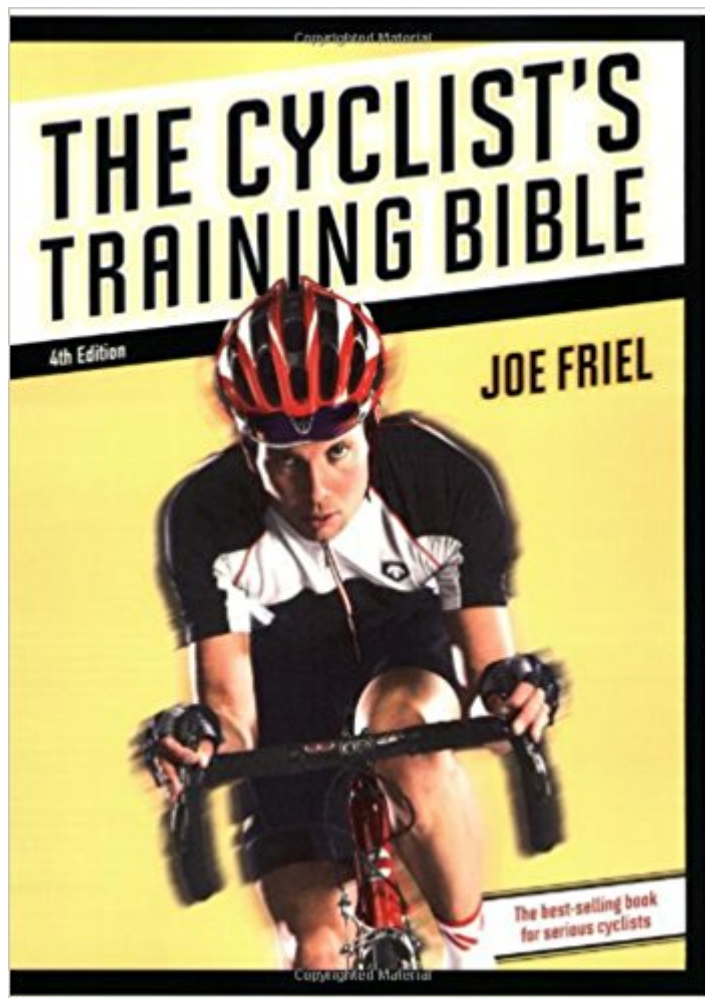


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# The Cyclist's Training Bible



## 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

"Joe Friel is arguably the most experienced personal cycling coach in the U.S., and his book The Cyclist's Training Bible has become, well... the Bible of the sport." -- Bicycling magazine  
"Joe Friel is one of the world's foremost experts on endurance sports." -- Outside magazine  
"One of the most trusted coaches in triathlon." -- LAVA magazine  
"I find Friel's book a treasure of information for

cyclists of all levels." -- Andy Hampsten, 1988 Giro d'Italia winner, 1992 Tour de France stage winner at Alpe d'Huez "The Cyclist's Training Bible will have you systematically training just as world-class cyclists do. If you scrupulously follow its guidelines, I'm confident your racing performance will dramatically improve." -- Tudor Bompa, PhD "Nothing else comes close to The Cyclist's Training Bible's comprehensive approach to planning out a season, creating a training schedule and incorporating diet and resistance training to an overall plan." --

BikeRumor.com "Packed with worksheets, charts, visuals and a dense index and references for further reading, The Cyclist's Training Bible is an arsenal of encyclopedic information for ambitious riders." -- DailyPeloton.com "The Cyclist's Training Bible has become a cyclist's best chance at achieving their goals. This is the ultimate manual for growth as a cyclist." -- BicycleSmile.com

Train with cycling's most trusted guide! Fully illustrated with an easy-to-use two-color format "I find Friel's book a treasure of information for cyclists of all levels." -- Andy Hampsten, 1988 Giro d'Italia winner, 1992 Tour de France stage winner at Alpe d'Huez "This book will have you systematically training just as world-class cyclists do. If you scrupulously follow its guidelines, I'm confident your racing performance will dramatically improve." -- Tudor Bompa, PhD, from the foreword Everything you need to train, race, and succeed in cycling is in this book. Incorporating all of the latest advances in technology and training methods, this new edition of The Cyclist's Training Bible puts the proven benefits of a scientific, self-coached training plan directly into your hands. Whether you are a first-year amateur or a veteran of road racing, Joe Friel's step-by-step approach to season planning and race preparation will help you obtain the best results of your career. This fully revised and expanded fourth edition delivers even more proven training strategies, including: Using a power meter effectively Adapting your training plan over the course of a season Maximizing form and fitness, managing fatigue, and speeding recovery from back-to-back days of training and racing Improving your body composition with smart nutrition Supplementing strength training to build efficiency and power for sprints, climbs, time trials, criteriums, and all-around endurance Whatever goals you have set for yourself, The Cyclist's Training Bible will help you reach them. Let Joe Friel guide you to your best performance and maximum potential.

Highly informative, thorough and well written, this book goes into every element of lifestyle relevant to cycling performance. Probably not worth reading for those who would just like to stay fit and enjoy an occasional recreational ride, but well worth the investment for anyone who wants to focus on performance, at any age. Friel brings decades of experience and research to support his analysis

and provides a wealth of references. A must for every library. After reading the Kindle version, I just had to have the print version.

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.

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.

Mainly geared for racing and as a rider over 60 not much interest in racing. That said a lot of info is covered that has helped me become a better cyclist.

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

mich better.

Great book! I train professionally and it confirmed a lot of my thoughts on training. This book can definitely jump start a beginner or someone who has a lot of "life" to deal with in being able to make and stick with a training plan.

Worth every penny. This book helped me dial in my training and fitness up and by reducing volume and adding intensity when needed, this helped me become a better cyclist.

Delivers the information on how put together your own training plan in a very easy to follow way. I used the training bible for the first time last season. I am an elite cyclist, racing for about 5 years. I'd done intervals before and trained for races, but never put together an entire season plan. This book was so helpful and took all the guess work and thinking out of the season. In November I sat down, read the book, and put together my training plan as I went which the book does a great job of laying out. I had my best season by far. Well worth the investment.

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