



## Cycling for Fitness

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By Dave Smith

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Cycling for Fitness, Dave Smith, This is a practical handbook for regular exercisers and active sports participants who are keen to learn more about the invaluable contribution cycling can make to a well-balanced training programme. It answers key question such as what does cycling have to offer me?; which form of cycling should I choose?; what should I look for when choosing a bike?; how shuld I plan my training programme?: how useful are heart rate monitors and cycle computers?; what should I eat and drink to enhance my training?.



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