

Susanna Mills, Herman Mills

Mountain Bike Training Achim Schmidt, 2014-01-15 This book is a solid introduction to mountain bike training that is based on training science foundations and discipline specific features e g crosscountry and marathon Details and overviews of all basic areas of training methodology are presented aspects of heart rate oriented training periodization of training into different phases and advice on how to plan and evaluate your own training diary Information and suggestions on strength training and stretching are accompanied by tips on optimal and performance enhancing nutrition. The book finishes with The Mountain Biker's Training Bible Joe Friel, 2000 Noted mountain descriptions of technique and mental training bike expert Joe Friel covers every aspect of training helping rides maximize the experience and minimize the problems 12 photos 10 illustrations 10 charts 20 tables Worksheets Mountain Bike Fitness Training John Metcalfe, 2004 This training manual is aimed at the recreational or competitive mountain biker wishing to improve performance in off road riding Readers will learn how to assess their fitness formulate a realistic diet plan and ride a more ergonomic race The Mountain Bike **Skills Manual** Clive Forth, 2011-11-01 More riders than ever are heading to the country on their mountain bikes It s a sport that has exploded over the last twenty years as people of all ages and walks of life are drawn to the thrill of the ride Written by rider racer and trainer Clive Forth The Mountain Bike Skills Manual is the best resource for anyone who wants to know more about the sport and develop their abilities It covers all the major disciplines including dirt biking trail riding cross country 4X enduro and slalom and is suitable for pleasure seekers as well as the more competitive rider Illustrated with excellent step by step biking trick shots and covering everything from equipment and core skills to competitions and recreational riding it s a book no rider will want to be without Prepare to Pin It Lee McCormack, 2013-02 PREPARE TO PIN IT A smart approach to mountain bike fitness A 12 week program perfect for Trail riders XC and endurance racers Enduro and downhill racers Everyone who wants to minimize training time and maximize fun Including The one bike workout all MTBers should do By Lee McCormack With Lester Pardoe Coaching Specialist Boulder Center for Sports Medicine

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