



Riding Fast

Selene Yeager



Riding Fast:

Ride Fast Eric Harr,2006-03-07 Utilizes a motivational speed level approach to fitness cycling for novice riders demonstrating a ten week program designed to help readers reach a twenty five mile per hour goal using a range of nutritional and riding strategies Original 15 000 first printing **Get Fast!** Selene Yeager,2013-04-23 Every cyclist wants to get faster Whether they re a weekend warrior a crit specialist or a charity cruiser speed is the X factor that lets a rider ride strong feel fresh and thoroughly enjoy each ride Get Fast is the cyclist s go to guide for gaining speed In it author Selene Yeager addresses speed from every possible angle including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand alone chapters on fitness and weight loss stretching nutrition and supplementation motivation and mental attitude Together they present a complete and comprehensive guide to achieving one s top speed Bolstered by a foundation in science and road tested by Yeager and the editors of Bicycling magazine the wisdom presented in Get Fast will have riders and readers flying on the road dirt dirt roads cross course track anywhere and everywhere they love to ride most in no time at all **How to Ride Off-Road Motorcycles** Gary LaPlante,2012-08-13 How to Ride Off Road Motorcycles schools the reader in all the skills necessary to ride safely and quickly off road **Riding, by G.G.** Henry George Harper,1898 The Ultimate Ride Chris Carmichael,Jim Rutberg,2004-06-01 Chris Carmichael has trained many of the world s best cyclists and now he offers his invaluable training tips cutting edge workout programs and state of the art exercises to help readers find their ultimate ride In this book he gives riders of all abilities an insider s guide to getting fitter faster and on to the champion s platform With photographs and illustrated exercises The Ultimate Ride helps build a strong foundation for incremental leaps in fitness times and techniques Nutritional advice goal setting methods and mental exercises complement the physical training tips to make this the only cycling fitness book an enthusiast will ever need

Faster Michael Hutchinson,2014-03-27 A fascinating and funny investigation into cyclists incessant pursuit of speed by one of the sport s top professionals For professional cyclists going faster and winning are of course closely related Yet surprisingly for many a desire to go faster is much more important than a desire to win Someone who wants to go faster will work at the details and take small steps rather than focusing on winning Winning just happens when you do everything right it s the doing everything right that s hard And that s what fascinates and obsesses Michael Hutchinson With his usual deadpan delivery and an awareness that it s all mildly preposterous Hutchinson looks at the things that make you faster training nutrition the right psychology and explains how they work and how what we know about them changes all the time He looks at the things that make you slower and why and how attempts to avoid them can result in serious athletes gradually painting themselves into the most peculiar life style corners Faster is a book about why cyclists do what they do about what the riders their coaches and the boffins get up to behind the scenes and about why the whole idea of going faster is such an appealing universal instinct for all of us Built for Speed John McGuinness,2017-05-04 Go on the ride of your life with the

racing legend himself with a thrilling NEW CHAPTER on John's dramatic 2017 crash Then I was there myself just another face in the crowd watching the bikes fly by The smells the noise and the speed were all there for me to experience It was like a massive injection in my head and it just blew my mind I knew within seconds that I was going to be a TT racer I didn't know how or what I was going to have to do to achieve this and my dad wasn't going to be keen Everyone around me was aware of the dangers but from that moment I knew I had to do it John McGuinness is one of the all time giants of road racing with a huge host of victories to his name But his easy humour and down to earth attitude off the bike have always kept people guessing what's the truth about the man inside the helmet that has kept him at the top of such a sport for over 20 years His autobiography tells the whole story from his humble beginnings in Morecambe and getting his first bike at the age of 3 to working as a bricklayer and cockle fisherman before deciding to follow his dream and finally to his many victories in the most dangerous sporting event on the planet He tells of what it takes to be a champion in such an exacting sport and to keep winning even though all logic tells you to stop and when so many of your fellow racers are paying the ultimate price for doing it This thrilling autobiography gets into the head of the man who stares death in the face and doesn't even flinch Cycling On Form Tom Danielson, 2020-04-07 After training with CINCH for the past three years I've learned the cycling specific techniques that make me a better rider and racer healthier and injury free and more effective and positive off the bike Lilburn Shaw 2018 Masters Road National Champion Cycling on Form reveals the pro approach to cycling training Riding a bike faster takes more than just fitness It takes skills that you can master to become a faster stronger rider In his new guide former professional bike racer Tom Danielson shows how to transform your cycling from amateur to professional level with the fitness and time you have now Danielson reveals how the pros go beyond the modern standards of interval workouts base building and recovery to train the whole athlete mind and body Danielson shows how to truly ride and train to the fullest through Fitness Self tests to identify your riding strengths and weaknesses then focus on custom training to address them Mental focus The pros know that winning means using your head and your legs You'll get pro tips on big picture goal setting and mid ride concentration strategies to help you stay focused Execution Cycling is hard and executing a great ride when it matters takes practice Danielson shares on the bike skills efficient and powerful techniques strategies to stay in the race ways to finish with the lead group and how to excel on a ride you've never done before Nutrition Pro riders put sports nutrition into daily practice Danielson distills the facts of diet food as fuel and fueling to recover Too many cyclists train by trying to set new Strava PRs only to get frustrated by the limited gains There's a better way Cycling On Form unlocks a pro method for riding faster and stronger *New York Supreme Court*, 1931 **Harper's New Monthly Magazine** Henry Mills Alden, 1861 Harper's informs a diverse body of readers of cultural business political literary and scientific affairs

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