



Cycle Road Racing

Tom Newman

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Cycle Road Racing provides a practical and instructional guide for those entering into cycle road racing, and those improving their performance. It covers the latest developments in racing and cycle technology, and guides the reader through all stages of racing, from setting up the bike correctly to race day itself. The book includes material on: Clothing, equipment and setting up your bike; Training, including the use of turbo training in winter and sample training plans; Techniques such as cornering, climbing and descending; Avoiding injury and recovery after injury; Nutrition. In-depth coverage of time trials and veterans racing; Computerisation of racing, such as use of sat navs and computerised training aids. An instructional guide for anyone entering into cycle road racing. Essential reading for racers looking to improve their skills, club riders and coaches. Road racing is the highest profile branch of cycle sport. Superbly illustrated with 120 colour photographs. Tom Newman is a professional cycling coach.

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