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The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level

By Danielle Kosecki

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Bicycling Big Book of Training is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen.

The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on-the-bike performance, while discovering the components of a successful training plan, including nutrition. Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them.

Bicycling Big Book of Training is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level.

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Editorial Review

About the Author

Danielle Kosecki is the health editor for *Glamour* magazine. Past writing gigs include *Fitbie.com*, *More, Prevention*, *Atlanta Sports & Fitness*, and *Caribbean Travel & Life* magazine. Kosecki is a category 2 roadbike racer for CityMD Women's Racing Team, with hopes of eventually tackling the track, trails, and velodrome. A lifelong athlete, she discovered bike racing while dabbling in triathlon after her collegiate soccer career. She lives in Brooklyn, NY.

Users Review

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Charles Carter:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

Cathy Spearman:

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