



# The Cyclist's Training Bible

*Friel Joe*

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**Coach Joe Friel is the most trusted name in endurance sports coaching, and his *Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists.** This new edition of the bestselling book includes all of the latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals.

Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can:

- best gauge intensity with power meters and other new training technology to maximize form and fitness and reduce fatigue;
- more knowledgeably and accurately make changes to their annual training plan over the course of a season;
- dramatically build muscular endurance with strength training;
- improve body composition and recovery with smarter nutrition.

With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance.

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