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Mastering Cycling (Masters Athlete)

John Howard

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John Howard, three-time Olympian and 18-time national masters cycling champion, has created the ultimate cycling guide for serious riders, triathletes, and masters athletes. Cyclists from 18 to 88 will benefit from the targeted approach that covers these essentials:

• Technique instruction and refinement for cornering, climbing, and descending

• Workout plans for fitness and competition

• Training for road races, time trials, and triathlons

• Strategies that will shave seconds from your times

In addition, *Mastering Cycling* guides you in equipment selection, event-specific training, motivational strategies, nutrition, hydration, and selecting cycling clubs, coaches, and competitive events. With such comprehensive coverage, it is the one resource you'll turn to time and time again for a lifetime of serious cycling.

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