



The Time-Crunched Cyclist: Fit, Fast, and Powerful in 6 Hours a Week (The Time-Crunched Athlete)

Chris Carmichael, Jim Rutberg

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As cycling's popularity grows with men and women in their thirties, forties, fifties, and beyond, the traditional ideas about training for endurance sports need a new approach to reflect the daily challenges faced by parents and working professionals. In *The Time-Crunched Cyclist*, Chris Carmichael presents that new approach to cycling training. Using elements from the same program he designed for Tour de France winner Armstrong, this guide shows how to build competitive cycling fitness on a realistic schedule -- a schedule that fits into the busy lives of today's active middle-agers. Complete with training plans, case studies, nutritional guidelines, and success stories, "*The Time-Crunched Cyclist*" shows cyclists how to push the pace in the local group ride, have fun, and perform well in local races, or tackle a challenging 100-mile fundraiser ride without committing to a high-volume training program.

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