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Weight Training for Cycling: The Ultimate Guide

Chris Burnham

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The typical cycling-training program consists of lots of miles with a few more miles sprinkled on top. While riding a bike is a necessity for being fast on a bike, there is a lot of potential to improve performance with a well-designed strength-training program.

With a detailed program that includes mobility work, nutrition guidelines, recovery protocols, and detailed exercise instructions, this book will give you all the tools you need to take your cycling to the next level.

No other cycling book to date has been so well designed, so easy to use, and so committed to weight training. This book was written specifically for cyclists to increase strength, speed, endurance, and stamina and will have you maximizing your performance in all areas. Written by cycling expert Chris Burnham, *Weight Training for Cycling* features a program guaranteed to improve your performance and get you results.

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