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The Cyclist's Training Bible is designed to help amateurs create a training plan and refine the skills needed to succeed in the sport. Divided into five parts, the book covers commitment and common sense, general concepts, training with a purpose, designing a yearlong plan, and practical strategies for reinforcing training.

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The Cyclist's Training Bible will teach you how to hear what your body is saying every day—and train smart. Commandment 10—Commit to Goals If you want to race farther, faster, and stronger this season you need to train differently and may even need to make changes in your lifestyle.

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