



Competitive Cycling (Meyer & Meyer Sport)

Achim Schmidt

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Competitive Cycling (Meyer & Meyer Sport) Achim Schmidt

Competitive Cycling offers a wide ranging insight into the basics of training as well as techniques and tactics of cycling. The book focuses on topics such as anatomy and physiology of the cyclist, nutrition, medicine, psychology, and techniques and tactics. Tips and suggestions throughout the book ensure that it stays close to the practice of cycling.

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