



## Fitness Cycling (Fitness Spectrum)

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By Dede Demet Barry; Michael Barry; Shannon Sovndal

Human Kinetics, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "This book should be added to every cyclist's library. Understand why and how to use your time wisely to improve your cycling--whether for fun, fitness, or performance." Connie Carpenter Olympic Gold Medalist, 1984 Women's Individual Road Race "Dede's savvy training knowledge and technical skills, Michael's experience on the professional tour, and Shannon's physiological expertise and cycling background make this the perfect trio to provide training advice, workouts, and season-long programs in a way that will help beginners and more advanced cyclists make the most of their time on the bike." Jim Miller, Head Coach U.S. Olympic Women's Road Cycling Team, 2004 "Fitness Cycling is the ideal book for most cyclists learning to get fit and get the most out of their body. Michael, Dede and Shannon offer the cyclist a rare combination of competitive experience and medical/scientific expertise." Tom Danielson Discovery Channel Cycling Team "A rare opportunity for the beginner to the advanced cyclist to learn the tricks of the trade from a dream combination of resources. From Dede's phenomenal cycling career, to Michael's professionalism and Shannon's expertise, Fitness Cycling offers the...



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### Reviews

*Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.*

**-- Audra Klocko PhD**

*Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**-- Germaine Welch**