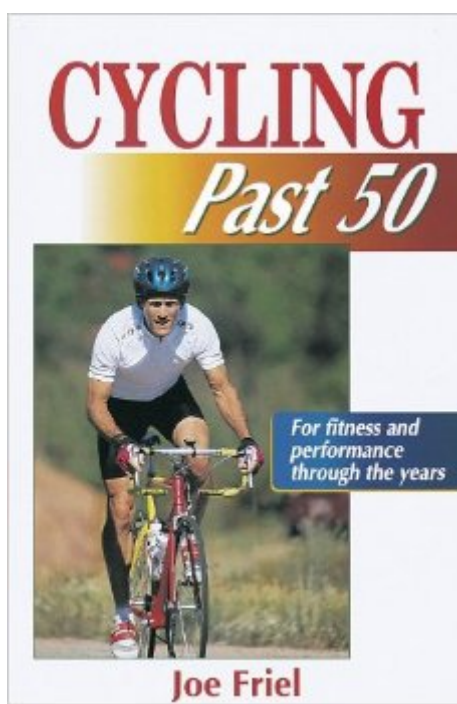


The book was found

# Cycling Past 50 (Ageless Athlete)



## Synopsis

Conventional wisdom says that middle-aged cyclists should slow down and expect to achieve less as they grow older. But in *Cycling Past 50*, author Joe Friel shows cyclists that with proper training and the right attitude, the years after 50 can be their best ever. Written for cyclists of all types—road riders, mountain bikers, track racers—this book provides an in-depth look at the full range of considerations for cycling successfully into and through middle age. Joe Friel, a writer and contributing editor to several top cycling publications and a dedicated rider himself, will inspire cyclists toward better performance and more biking enjoyment as he presents:— basic principles of training;— advanced workouts to improve endurance, climbing ability, and sprinting;— training advice for 100-mile events and multi-day tours;— planning tips and a workout program for getting into racing form;— injury prevention tips and exercises; and — body fueling advice. In addition to explaining the physical adjustments seasoned cyclists can make to keep their biking effective and satisfying, Friel discusses the mental aspects of cycling successfully into middle age. He explains the importance of developing a positive attitude, maintaining a high level of motivation, and taking pride in their accomplishments. He also reminds cyclists that, above all, biking should be a fun activity that should be shared with fellow riders, family, and friends. v

## Book Information

Series: Ageless Athlete

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Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (93 customer reviews)

Best Sellers Rank: #129,565 in Books (See Top 100 in Books) #11 in Â Books > Health, Fitness & Dieting > Aging > Exercise #46 in Â Books > Medical Books > Medicine > Internal Medicine > Geriatrics #115 in Â Books > Sports & Outdoors > Individual Sports > Cycling

## Customer Reviews

Why "Train"? I think improving my cycling will make it more enjoyable, so I've decided to experiment by following a training regimen. Last year I simply rode my bike as often, fast, and far as possible. I

did get faster and able to ride longer, but it plateaued. The logic is obvious - specific steps designed by very, very experienced people for a specific goal are more likely to achieve that goal than random effort. Will it be too much or a PITA? Time will tell.

**My First 12 Months**

From past experience I knew I needed some days to rest, so I started off mostly following a riding one day with a rest or gym day - I had started my "get back into shape" effort by joining a gym two months before I started riding. I also joined two cycling clubs in my first month cycling, the Charles River Wheelmen and Nashoba Valley Pedalers and discovered that they had rides every week on weekends, most of which had very well-designed routes. Immediately I started doing club rides every Saturday and Sunday - scratch the ride/rest idea. After two months of riding, I added Wednesday Wheelers, a group within CRW. Then I had regular rides on Wednesday, Saturday, and Sunday every week. Most of these club rides had options for two or three routes of different length. Naturally [in my mind, anyway], I would always opt for the longest ride option. Add in a couple of solo rides and there weren't many rest days in the week. By the end of six months, I was riding 5-6 days a week.

**Find a Plan**

The two most prolific authors on training for cycling seem to be Joe Friel and Chris Carmichael. Shortly after I started riding I read Friel's *The Cyclist's Training Bible* (skimmed), *Cycling Past 50*, and Carmichael's *The Time-Crunched Cyclist*.

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