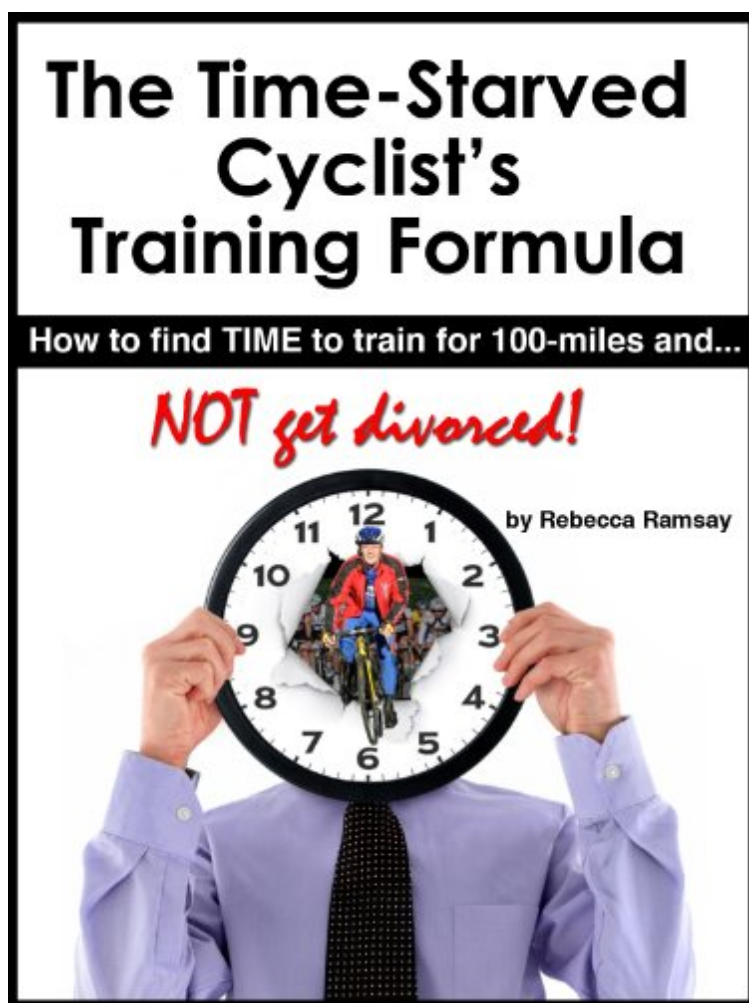


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Prsentation de l'diteurThe Time-Starved Cyclist's Training Formula is a quick-start, step-by-step guide that helps maximise your cycling training around a busy, hectic lifestyle. It specifically shows you how to manage your time and train effectively for 100 mile cycle events - on just three bike rides a week.The Training Formula shows you how to overcome many frustrating setbacks, so you begin to 'flow' with training, rather than constantly 'fighting' it. The Training Formula comprises 10 steps which has Action Points at the end of each step to complete. The Action Points serve to engage you to think about your own training situation and how different scenarios can be built upon, or improved over time.By the time you have finished reading The Cyclist's Training Formula, you will have your own customised training formula. All

you then have to do is follow it follow your training formula and you can be as successful as you want to be with your cycling and the rest of your life. Prsentation de l'diteur The Time-Starved Cyclist's Training Formula is a quick-start, step-by-step guide that helps maximise your cycling training around a busy, hectic lifestyle. It specifically shows you how to manage your time and train effectively for 100 mile cycle events - on just three bike rides a week. The Training Formula shows you how to overcome many frustrating setbacks, so you begin to 'flow' with training, rather than constantly 'fighting' it. The Training Formula comprises 10 steps which has Action Points at the end of each step to complete. The Action Points serve to engage you to think about your own training situation and how different scenarios can be built upon, or improved over time. By the time you have finished reading The Cyclist's Training Formula, you will have your own customised training formula. All you then have to do is follow it follow your training formula and you can be as successful as you want to be with your cycling and the rest of your life.