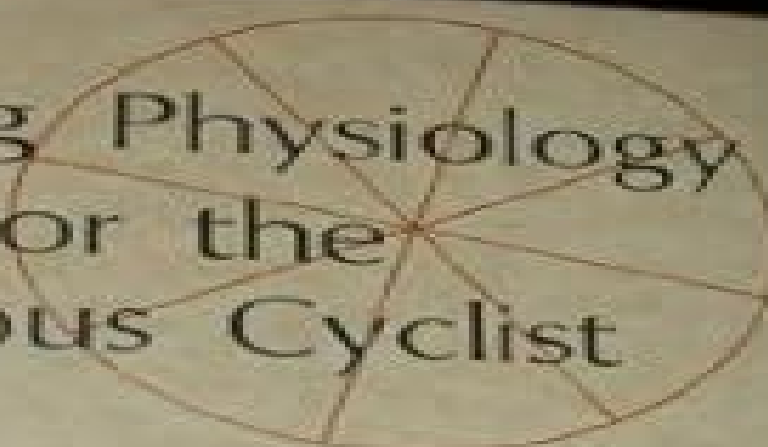




Cycling Physiology for the Serious Cyclist

IRVIN E. FARIA, Ed.D.

Kathleen Spahr Secondary
University, California



A distillation of an extensive body of research literature, this book explains the physiology of cycling in a form that is both useful and interesting to the reader and the cycling coach. All physiological phenomena and functions are covered, including mechanisms, respiratory rate, metabolic and the function system. Building on this data, the author presents exercises and ideas which, if properly applied, will significantly enhance the performance of the dedicated cyclist.

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Rob Van der Plas



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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Cycling Physiology For The Serious Cyclist**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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