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The Cyclists Guide to Off Season Strength Training and Nutrition

Mr Ainslie N MacEachran

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The guide offers strength training techniques and progression specific to cyclists and the corresponding nutrition to support the athlete while still putting in mileage on the road. The increase in work load requires specialized nutrition and Breeze Brown lays out appropriate guide lines for fueling your workouts during different periods of the weight lifting plan that will support riding and gym time.

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