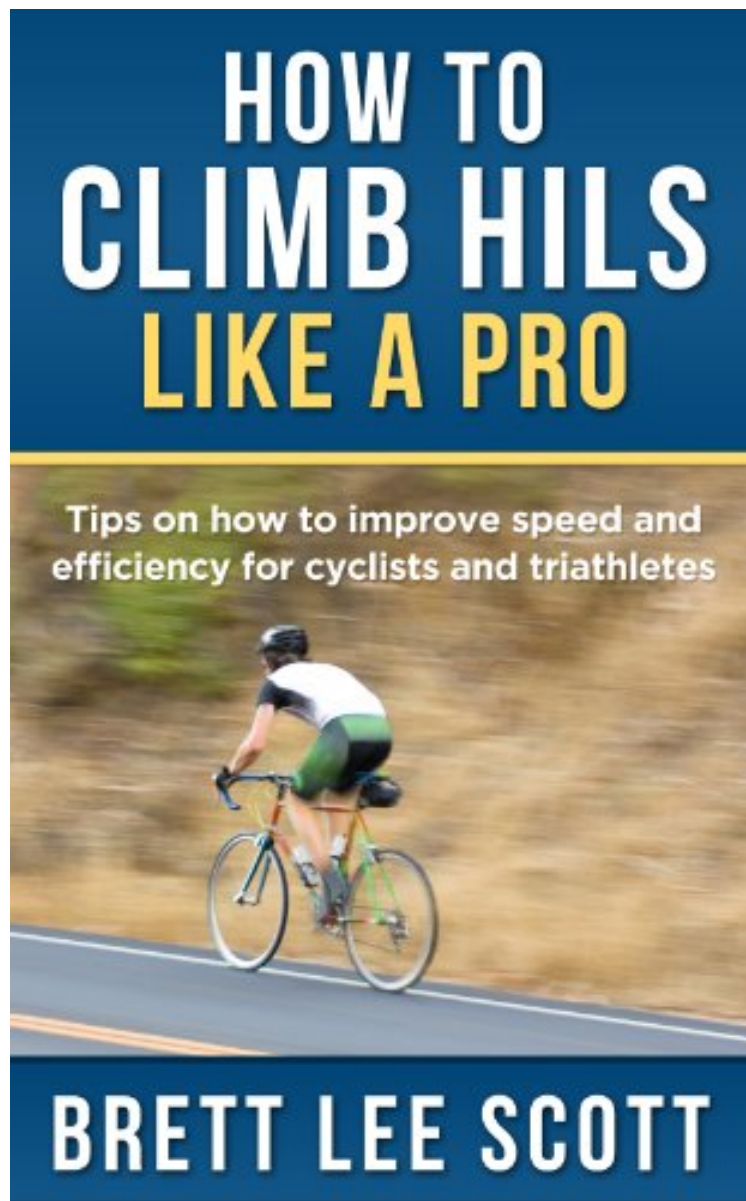


(Library ebook) How to Climb Hills Like a Pro: Tips on How to Improve Speed and Efficiency for Triathletes and Cyclists (Iron Training Tips) (English Edition)

How to Climb Hills Like a Pro: Tips on How to Improve Speed and Efficiency for Triathletes and Cyclists (Iron Training Tips) (English Edition)

Von Brett Lee Scott

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *How to Climb Hills Like a Pro: Tips on How to Improve Speed and Efficiency for Triathletes and Cyclists (Iron Training Tips)* (English Edition):

Kundenrezensionen
Hilfreichste Kundenrezensionen
0 von 0 Kunden fanden die folgende Rezension hilfreich. Viel gelernt!
Von elpresidente
Als ambitionierter Rennradfahrer hab ich mir dieses Buch interessehalber runtergeladen und es hat mir einige neue Erkenntnisse zum Thema Bergfahren verschafft. Interessant waren hier die Beschreibungen ber Energieverbrauch, Attacken am Berg und Strategien. Auch die Erklärungen wann am besten stehend und wann sitzend gefahren wird waren sehr gut und knnen sicher taktische Vorteile verschaffen und die Zeiten verbessern. Auss meiner Sicht absolut empfehlenswert,

Kurzbeschreibung
Are you ready for the hills? Are you a cyclist or a triathlete who wants to improve on your hill climbs? Are you strong on the flats but get dropped like a stone as soon as you hit the mountains? Learn the Art and Science of Hill Climbing
Hill climbing is both an art and a science. You don't have to be a skinny mountain goat like Alberto Contador. Good hill climbers come in all shapes and sizes. What they share in common, though, is their knowledge of how to climb a hill. Good hill climbers know which gears to use. They know when to stand and when to sit. They know when to go easy and when to put the hammer down. The good news is that you, too, can learn how they climb hills by reading this book. Learn to climb hills with Coach Brett
Brett Lee Scott is an accomplished Ironman triathlete and ex pro cyclist. He's climbed some of the world's toughest climbs like Angliru and Mont Ventoux. He's also a coach, so he's used to sharing his expertise with both pro and amateur athletes. You can download the art and science of hill climbing in this concise guide.
What's Inside "How to Climb Hills Like a Pro"?
* (NEW) How to set up your bike to climb hills
* (NEW) How to pace yourself on hill climbs
* How to select and change gears during climbs
* Optimum hill climbing cadence
* Optimum pedal position
* How to select and change body position
* How to conserve and manage energy during climbs
* How to crest a hill
* The rule of 3rds for maximum climbing efficiency
* And more!
Plus 4 Hill Climbing Workouts
Brett Lee Scott provides 4 recommended workouts to help you improve time and efficiency on climbs beyond time in the saddle.
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