

[PDF] Cycling Past 50 (Ageless Athlete Series)

Joe Friel - pdf download free book

Books Details:

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Description:

Review

"This time the dean of human performance takes on the metamorphosis of aging along with the associated roller coaster ride of ills and thrills. Joe Friel's journey into aging explores the gamut of changes that affect us as cyclists. For some, Cycling Past 50 confirms the infinity of human physical potential. On a broader scale, it is our complete reference guide for personal exploration."

John Howard

3-time Olympic Cyclist, 13-time U.S. national champion, Pan Am Games gold medalist, Ironman Triathlon world champion

"One of America's best cycling coaches shares his wisdom in a comprehensive book directed to the over 50-year-old. Senior riders will appreciate Joe devoting an entire book to them. Younger riders must read this book too-there's so much good information for riders of any age."

Arnie Baker, MD

5-time cycling national champion,

Elite cycling coach, author, and columnist

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Arnie Baker, MD 5-time cycling national champion, Elite cycling coach, author, and columnist

"Impressive . . . comprehensive, yet straightforward. Every cyclist and coach, whether young or old, beginner or professional, has something to learn from this book."

Mike Niederpruem, MS, CSCS Manager of Coaching Programs USA Cycling

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