

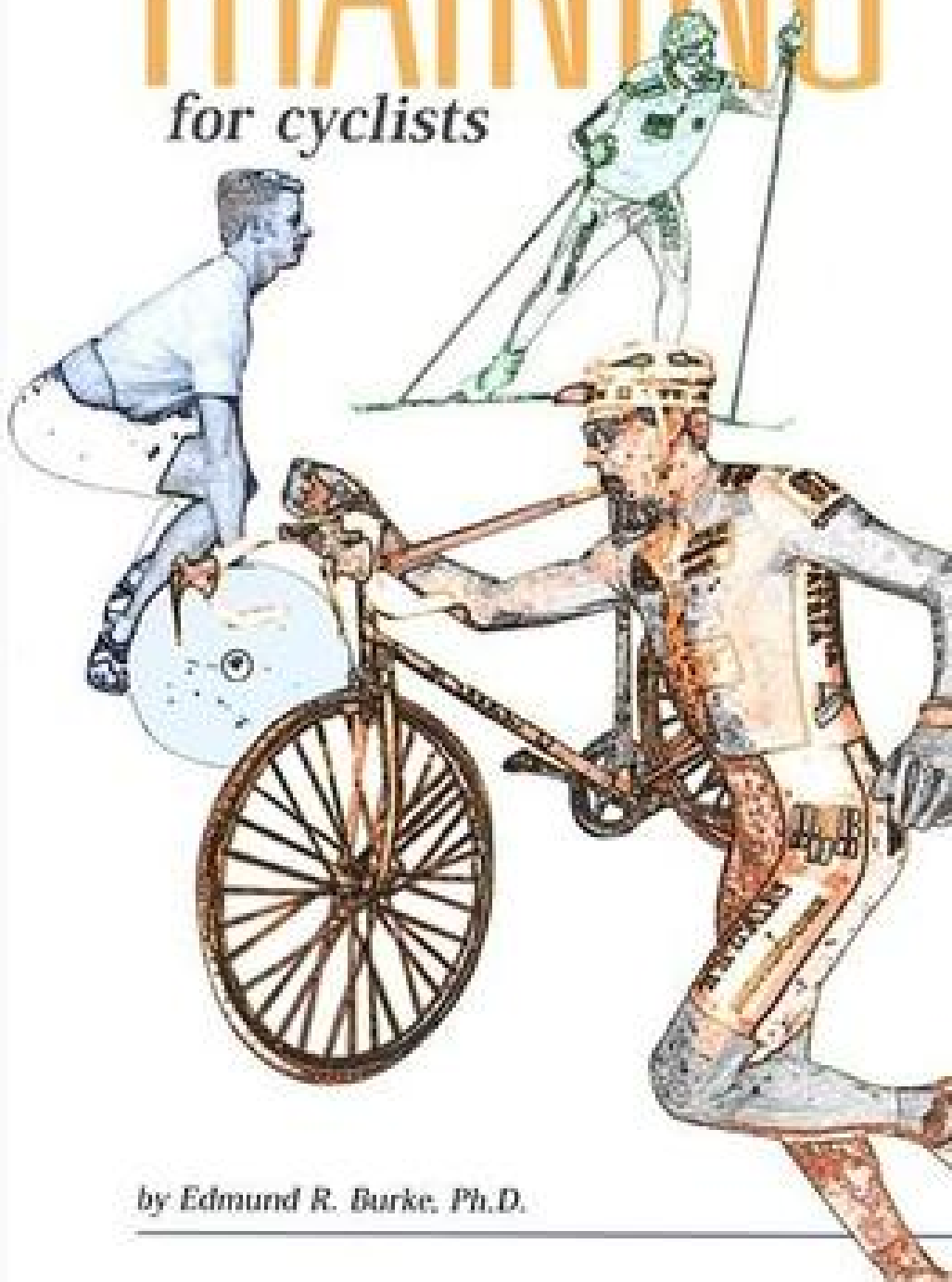


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OFF-SEASON TRAINING

for cyclists



by Edmund R. Burke, Ph.D.

Off-Season Training for Cyclists by Edmund R. Burke

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biking pundit and writer Ed Burke combines go training, power training, periodization, and indoor biking to provide either leisure cyclists the definitive plan for low season training. forty five photos.

Off Season Training For Cyclists

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