



# **The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete)**

*Chris Carmichael, Jim Rutberg*

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*The Time-Crunched Cyclist* reveals the fastest way to get fit for road racing, century rides, cyclocross, Gran Fondos, mountain bike events, and multi-day cycling tours. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week.

Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. Carmichael Training Systems developed a new approach--the Time-Crunched Training Program--to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods.

*The Time-Crunched Cyclist* shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. 8 comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events.

New programs for this second edition bring cyclists up to speed for cyclocross racing, mountain bike endurance rides, and show bicycle commuters how to turn their twice-a-day rides into effective time-crunched workouts.

*The Time-Crunched Cyclist* will help former racers, bicycle commuters, cyclocross fans, and mountain bikers capture their best performance--all in the time they have right now.

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The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete) can be one of your starter books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete) nevertheless doesn't forget the main level, giving the reader the hottest and based confirm resource info that maybe you can be certainly one of it. This great information could drawn you into brand new stage of crucial imagining.

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