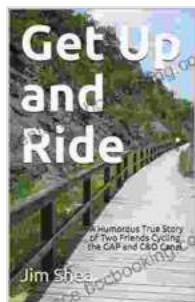


Get Up and Ride: The Ultimate Guide to Cycling Success



Get Up and Ride: A Humorous True Story of Two Friends Cycling the Great Allegheny Passage and C&O Canal by Jim Shea

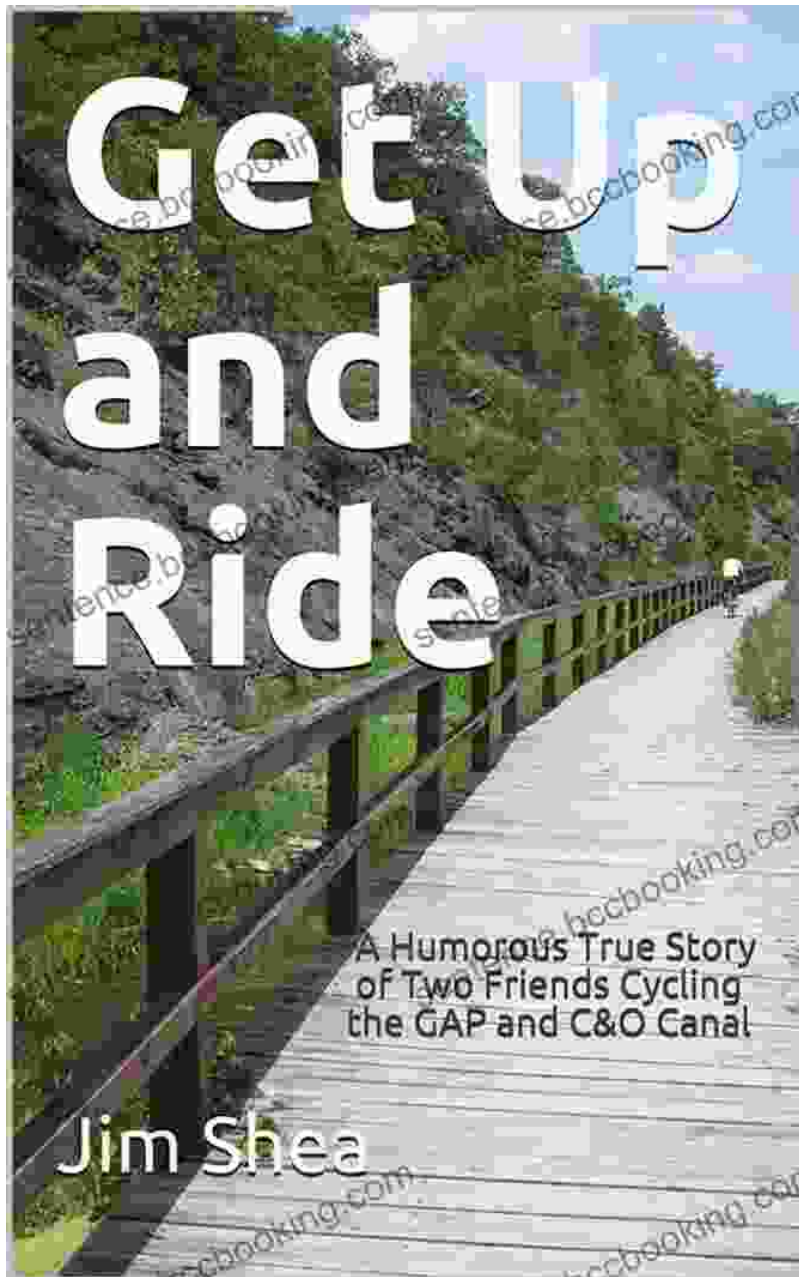
★★★★☆ 4.6 out of 5

Language : English
File size : 19734 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 204 pages
Lending : Enabled

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Whether you're a beginner or a seasoned pro, Get Up and Ride is the inspiring and practical guide to help you achieve your cycling goals. With over 30 years of experience, world-renowned cycling coach Joe Friel provides expert advice on everything from training plans and nutrition to race tactics and motivation.

In Get Up and Ride, you'll learn how to:

- Set realistic goals and develop a training plan that fits your lifestyle
- Fuel your body for optimal performance
- Master the basics of bike handling and cornering
- Develop the mental toughness to overcome challenges
- Race with confidence and achieve your full potential

Get Up and Ride is more than just a training manual. It's a roadmap to cycling success that will help you achieve your goals and have fun along the way.

What's inside Get Up and Ride?

Get Up and Ride is packed with over 300 pages of expert advice and practical tips, including:

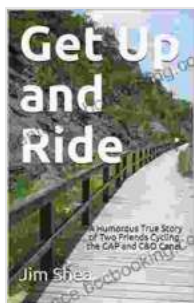
- Training plans for all levels of cyclist, from beginner to pro
- Detailed nutrition advice to help you fuel your body for optimal performance
- Step-by-step instructions on how to master the basics of bike handling and cornering
- Mental training techniques to help you develop the toughness to overcome challenges
- Race tactics and strategies to help you achieve your full potential

Who is Get Up and Ride for?

Get Up and Ride is for anyone who wants to improve their cycling performance, whether you're a beginner or a seasoned pro. If you're serious about taking your cycling to the next level, then Get Up and Ride is the book for you.

Free Download your copy of Get Up and Ride today!

Get Up and Ride is available now from all major booksellers. Free Download your copy today and start your journey to cycling success.



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