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By Panzera, Robert

Human Kinetics, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Coach Panzera helps riders go faster. Quoting the wisdom of past and current cycling legends, he enlivens racing and makes it accessible to the aspiring competitor. Cycling Fast provides the foundation for a lifelong sport." Arnie Baker, MD -- Six-Time National Champion, Eight-Time U.S. National Record Holder "There is no greater feeling in cycling than having your meticulous preparation pay off through the accomplishment of a major goal. And if your goal is better riding or racing, then Cycling Fast is the tool you need." Neil Shirley -- Professional Cyclist "If you're serious about improving your speed, power, and endurance, then you must read Cycling Fast . Robert Panzera has produced a well-written and informative training book that will help move your cycling to the next level." Shannon Sovndal, MD -- Author of Cycling Anatomy and Fitness Cycling; Team Physician, Garmin-Transitions Professional Cycling Team.



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