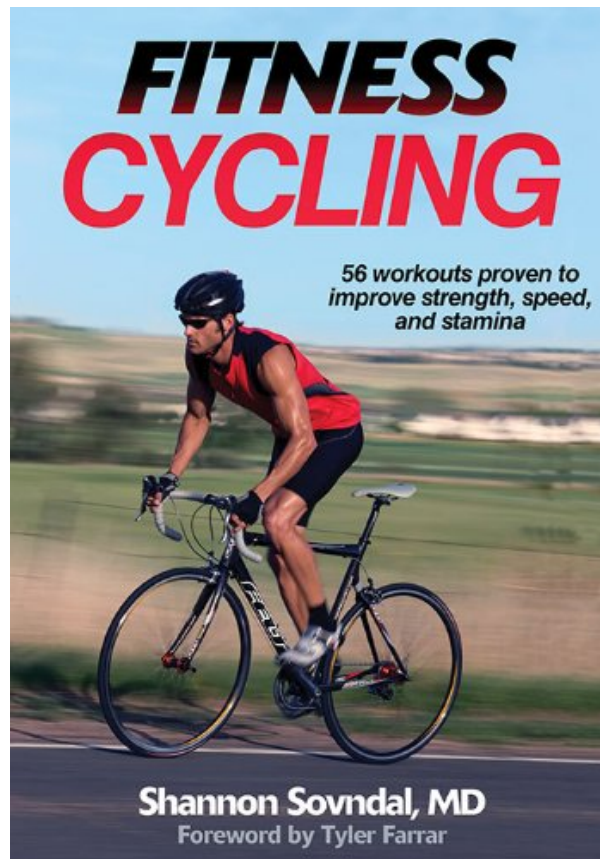


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Shannon Sovndal, MD

Foreword by Tyler Farrar

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Review

"The best training program is one that engages you with variety and ultimately ensures that you improve. Shannon shows you how to mix it up, have fun, and go faster with Fitness Cycling."

Connie Carpenter-- 1984 Olympic Gold Medalist

"Fitness Cycling is an excellent tool for learning the basics of cycling and for applying a variety of workouts and concepts toward attaining your cycling goals. Sovndal truly hits on the principles that matter."

Timmy Duggan-- Liquigas-Cannondale Pro Cycling Team

About the Author

Shannon Sovndal, MD, FACEP, is the owner and founder of Thrive Health and Fitness Medicine (Thrive HFM), an elite team of physicians, exercise physiologists, and athletes who provide clients with the highest level of personalized health care, life management, and fitness training. He is the director of trauma special operations development at

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Fitness Cycling offers 56 workouts for different types of training (sprinting, intervals, hills, etc.) so active people and cyclists at all levels reach their fitness and performance goals. This attractive four-color guide provides essential information about setting goals, training, recovery, and preventing injuries.

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5 of 5 people found the following review helpful.

Dr. Sovndal knows his stuff!

By MFSIL

I would read and believe what Dr. Sovndal writes, as he is a brilliant scholar. He knows both the clinical and didactic sides of cycling performance and endurance. He's done it all from excelling at cycling himself to being on the "front line" in the world of professional cycling, with all the credentials that make him the most credible source on this subject. You will be so enriched with the material in this comprehensive book.

4 of 4 people found the following review helpful.

Solid advice for cyclists from beginner to racers.

By Amazon Customer

Sovndal has once again created a book that every cyclist can glean some knowledge, skill and fitness from. I will especially benefit from his technique's for creating and maintaining a positive plan in order to obtain my personal goals as a cyclist. Along with creating your training plans this book will help demystify nutrition and hydration as it pertains to training, racing etc. so you can avoid the nasty bonks, cramps and fatigue that goes along with improper nutrition/hydration planning. It doesn't matter if you're planning to ride your first century, your thousandth crit or just want to get into better cycling shape this book has something for you!

3 of 3 people found the following review helpful.

Excellent coverage on biking.

By ANJAN SAIKIA

I liked the book very much because I train alone. I am from India & we do not have the concept of trainer here. So you have to do every thing on your own. This book explains every thing you need to know about biking.

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