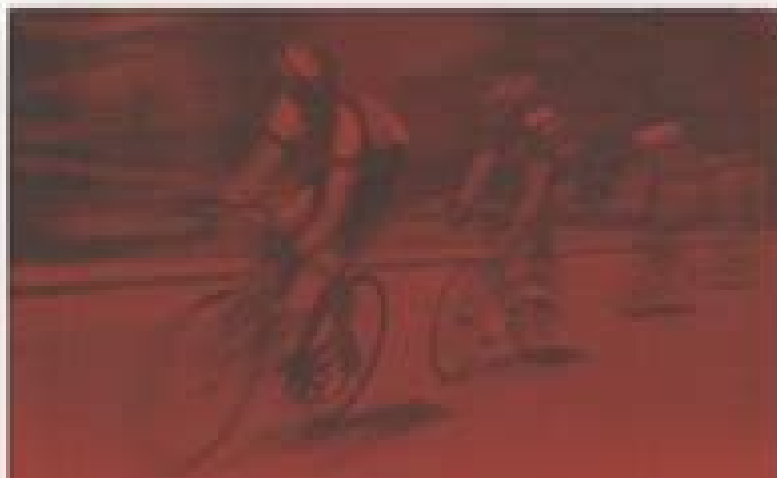




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Performance Cycling The Science Of Success

James Hopker, Simon Jobson



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and Ultracycling Dolomitica means that many more riders are being drawn to the challenge of non stop endurance cycling Ultra Distance Cycling is the first mainstream book to offer practical authoritative guidance to cyclists looking to step up to long distance endurance events as well as expert advice to established competitors seeking a competitive advantage Written by a leading sports scientist and a record breaking ultra distance cyclist this unique book is both science and experience based offering practical and performance enhancing insights on a wide range of areas These include physical training and mental preparation guidance on your support network advice on PR and sponsorship as well as all important sections on equipment nutrition and the major ultra distance cycling events This definitive manual provides riders with everything they need to ride longer and faster and to excel at ultra distance cycling events *Becoming a Sports Coach* James Wallis, John Lambert, 2015-11-06 A coach is more than just somebody who leads in the organisation and delivery of structured sport The role of a coach goes beyond leadership requiring an understanding of theories of teaching and learning To become a coach you must know how people learn *Becoming a Sports Coach* aims to introduce the multi dimensional and inter locking knowledge bases that any aspiring coach will need to develop and that any established coach needs to master in order to improve their professional practice While traditional coach education pathways have focused on what to coach this book argues that understanding how knowledge can be communicated to learners is just as important Asking why we coach through critical reflection and self knowledge is also an essential part of the process of becoming a sports coach The book explores three types of knowledge content knowledge pedagogic knowledge and self knowledge challenging the reader to reflect on their own coaching experiences and to develop a personal philosophy of coaching It explores key pedagogic themes in contemporary coaching studies such as humanistic coaching inclusive practice coaching for understanding and the athlete coach relationship Real case studies are used to illuminate the ways transferrable across sports in which coaches can apply theory to practice and ultimately enhance their work With contributions from leading coaching researchers and practitioners combining practical guidance with important theoretical insights this book will help any coaching student or developing professional to better understand the journey to becoming an effective sports coach *Game Changers* João Medeiros, 2018-08-30 At the 1996 Atlanta Olympics Great Britain ranked thirty sixth in the medals table finishing below countries like Algeria Belgium and Kazakhstan It was their worst ever record a dismal performance labelled a national disgrace But then something happened In Sydney in 2000 and then Athens in 2004 Team GB achieved a much more respectable tenth place By 2016 in Rio they finished second above China and Russia with sixty seven medals How have they so convincingly reversed their fortunes In *Game Changers* we meet the coaches and sports scientists who rethink how sport is analysed and understood how athletes train and perform under pressure In Liverpool in the 1980s a motley group a mathematician a physiologist a psychologist and a former Olympic basketball player began to pioneer new ways of tracking performance Over the decades that followed performance analysis came of age becoming an essential component of any elite

team from English Premier League title winners Manchester City to America's Cup high performance sailing teams Using a hybrid of scientific method and trial and error scientists have uncovered the tenets of accelerated learning the mechanics of physiological adaptation the organisational principles behind elite teams the understanding of how hormones and environment affect performance These discoveries are not confined to athletic endeavours they are universal and reveal what it takes to win not only in sports but are applicable across a wide range of disciplines including business leadership and education

Het maakbare uur Jurgen van Teeffelen, 2019-02-26 Waar wetenschap en sportieve ambitie samenkomen Het verbreken van het werelduurrecord is een prestigieuze prestatie in de wielersport Het record staat op naam van voormalig Tour de France winnaar Bradley Wiggins met een afstand van 54 526 kilometer Voor hem hadden grote renners als Fausto Coppi Eddy Merckx en Miguel Indurain het record in handen Opmerkelijk was het daarom dat de Nederlandse amateur Dion Beukeboom in 2018 een poging ondernam Het idee hiervoor kwam niet zozeer van de renner zelf maar van zijn coach die uitgerekend had dat Beukeboom de ideale atleet was om het magische uur te verbeteren Het riep bij journalist Jurgen van Teeffelen de vraag op in hoeverre de wetenschap de moderne wielersport dicteert en of een wielersprestatie als het werelduurrecord geregisseerd kan worden Op zoek naar het antwoord verbleef Van Teeffelen een jaar lang in het spoor van Team Beukeboom en verdiepte zich in windtunnels vermogens diepgaand en mentale strategieën Over Het maakbare uur Hun poging faalde maar leverde wel een geweldig sportboek op De Correspondent

Joe Friel's High-Performance Cyclist

Joe Friel, 2025-07-31 A must read High Performance is a mindset not a pay check Andrew Pruitt EdD Joe Friel is one of the world's foremost experts on endurance sports Outside magazine TAKE YOUR TRAINING TO THE NEXT LEVEL AND FIND YOUR PEAK PERFORMANCE Joe Friel is a legend in endurance sport coaching and the bestselling author of some of the world's most celebrated cycling manuals Full of exciting refreshing and sometimes surprising ideas on high performance training this book represents the most complete and up to date expression of Joe's coaching philosophy Being a high performance cyclist is challenging but it doesn't need to be complicated Focusing on you and your individual goals this essential guide considers your training history lifestyle and current physical and psychological condition to see how prepared you are for a journey to peak performance With Joe as your coach you can construct a bespoke plan to reach your level of high performance and measure your progress on the way Along with the latest advice on nutrition sports psychology bike ergonomics and more Joe and his High Performance team will help you to Build aerobic endurance muscular power and a tenacious mindset whatever your goal Demystify intensity set your training zones and create your specific workout routine Understand how rest and recovery are critical to your success Engaging and encouraging this is the ultimate manual for you to make the most of your training and maximize your cycling performance

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do Serious Cycling bridges the gap between scientific observation and cycling performance. It takes the latest scientific data on physiology, biomechanics, nutrition, injury prevention and recovery, and training, and translates it into practical applications that will have an immediate impact on your personal training program. Written by one of cycling's top experts, this book will help you build endurance, increase lactate threshold, and enhance cycling strength and power. Two-time U.S. Olympic team staff member Ed Burke has combined physiological training principles and real-world experiences to make Serious Cycling the reference that no elite cyclist should be without. The training methods and techniques he presents are what the top cyclists use. You'll learn how to use power meters and heart rate monitors to gauge what is happening in your body while you work out, prevent injuries and illness even during periods of hard training and racing, use proper nutrition and cutting-edge supplementation strategies to train harder and recover more effectively, make your body and your bike work with, not against, each other, get the best, most current information on proper positioning and cycling biomechanics, and apply effective tactics and race strategies to ensure your success in time trials, road races, and criteriums. Whether you're a competitor, a club member, or a weekend century rider, Serious Cycling will give you the know-how and the means to apply it so that you can reach your full potential.

Routledge Handbook of Sport in China Fan Hong, Liu Li, 2023-06-30. This is the first book to offer a comprehensive overview of the history and development of sport from the ancient to the contemporary era in China. It addresses the gap between the vibrant academic scholarship within China and the limited understanding of Chinese sport outside of the country. It opens different perspectives on Chinese sport and addresses a wide range of issues central to the development of sport in the context of Chinese culture, politics, economy, and society. It explores a diverse set of topics, including the history of Chinese traditional sport, the rise of modern sport, and the Olympic movement, sport and nationhood, sport and politics, and international relations, sport and physical education, sport and economy and commerce, sport and social stratification and diversity, and sport, leisure, and tourism. It offers critical insights into the multifaceted world of China, past and present, a contribution to our collective knowledge and understanding of Chinese sport and society, and is useful reading for students, researchers, and professionals with an interest in the field of China and Chinese sport. This Handbook has been contributed to by a team consisting of 88 leading Chinese and Asian experts and scholars with varied backgrounds of studying and working in European, North American, and Australian universities, as well as Western scholars with expertise on China and its sports system and practice. It is composed of ten parts classified by different subjects. It provides a wide lens through which to better contextualise the relationships between China and the world within the global sport community. The Routledge Handbook of Sport in China is a vital resource for students and scholars studying the history, politics, sociology, culture, and policy of sport in China, as well as sport management, sport history, sport sociology, and sport policy and politics. It is also valuable reading for those who are working in international sport policy making and sport organisations.

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