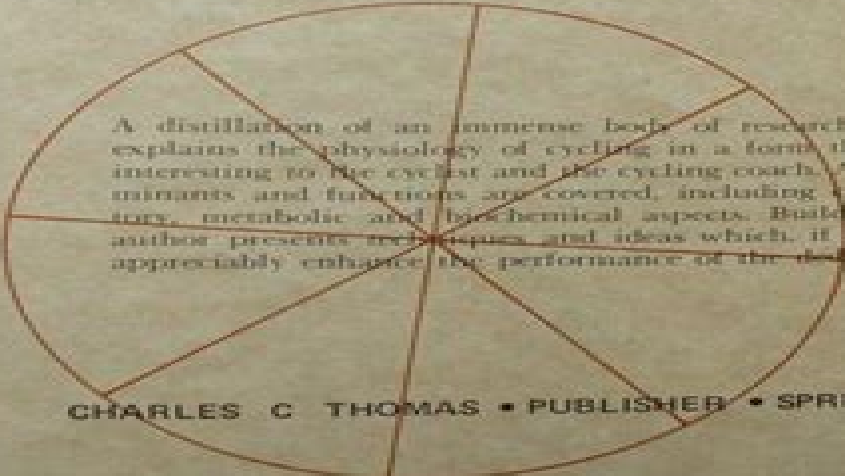


Cycling Physiology for the Serious Cyclist

IRVIN E. FARIA, Ed.D.

*California State University
Sacramento, California*



A distillation of an immense body of research literature, this book explains the physiology of cycling in a form that is both useful and interesting to the cyclist and the cycling coach. All physiological determinants and functions are covered, including cardiovascular, respiratory, metabolic and biochemical aspects. Building on this data, the author presents techniques and ideas which, if properly applied, will appreciably enhance the performance of the dedicated cyclist.

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