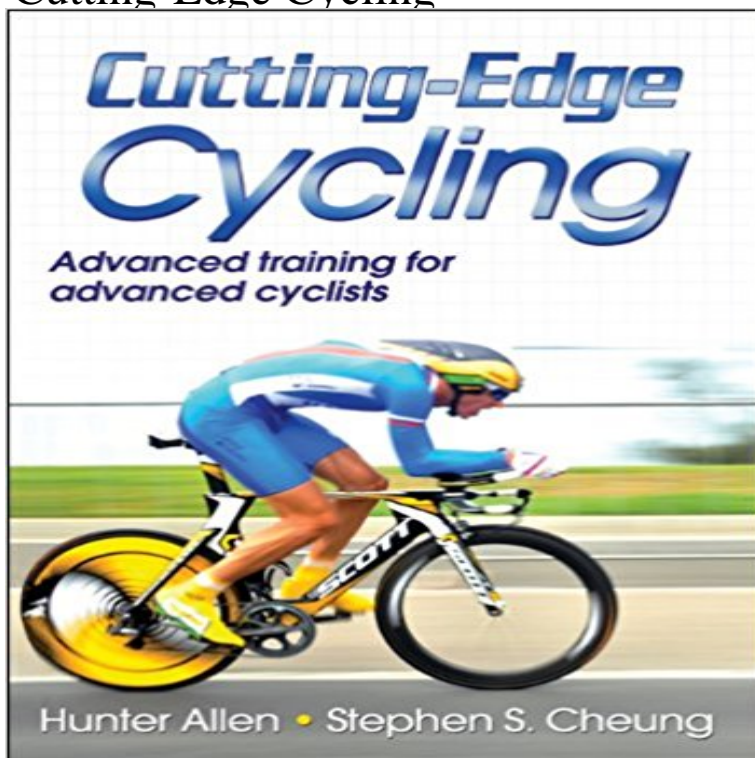


## Cutting-Edge Cycling



Increase speed, power, endurance, and efficiency with Cutting-Edge Cycling. You'll learn how to apply the latest in cycling research, science, and technology to train smarter, ride longer, and race faster. Renowned cycling coach Hunter Allen and leading scientist Stephen Cheung share the most recent biomechanical, physiological, and technical advances and research, why they matter, and how you can incorporate them for maximal training and optimal performance. From the latest information on periodization, lactate threshold, and recovery to bike fit, pedaling technique, and cadence, Cutting-Edge Cycling covers every aspect of conditioning, preparation, and competition in this physically demanding sport. Additional coverage includes interviews on a broad range of topics: interpreting lab results, fatigue, monitoring training, high-intensity training, prevention of and recovery from overtraining, pacing, power meter quadrant analysis, hydration, and cooling strategies. If you're serious about gaining the edge on the competition, Cutting-Edge Cycling is one guide you shouldn't be without.

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window.ue_csm.cel_widgets = [      { id:
detail-bullets      } , {      id:
featurebullets_feature_div      } , { id:
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return custRev + (index + 1); } } , { id:
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, { id: session-sims-feature      } , { id:
quickPromoBucketContent      } , { id:
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} , { id: fallbacksessionShvl      } , { id: rhf
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}, { id: unifiedLocationPopoverSelections
} ]; (function(a){ var
b=document.ue_backdetect;b&&b.ue_back
&&a.ue&&(a.ue.bfini=b.ue_back.value);a.
uet&&a.uet(be);a.onLdEnd&&(window.ad
dEventListener?window.addEventListener(
load,a.onLdEnd,!1):window.attachEvent&
&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split())&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=0736091092; v
(function(g,h){ function d(a,d){ var
b={};if(!e !f)try{ var
c=h.sessionStorage;c?a&&(undefined!==(t=
ypeof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){e=1 }e&&(b.e=1);return b }var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window); (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length))(ue_csm,document);
(function(m,h){ function I(a){ if(a)return
a.replace(/^(//s+ //s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f a.sourceURL
a.fileName a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc

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e.now()+window.performance.timing.navigationStart:+new
Date,b.Id=0l.mxe))){l.ec++;l.ter.push(a);e=
    { };var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={ };c[d]=b;try {var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h l,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else { var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){ }}else m.ue.log(b,
d,{nb:1 });if(!a.fromOnError){g=h.console
{ };d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieUserJava):
;if(c&&c[v])try {f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){ },E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( d+): d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}}function

```

```

g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a<ue._bf.modules.push(ue._bf.mpm(cc_ie5,1))<ue._bf.modules.push(ue._bf.mpm(cc_ie6,1))<ue._bf.modules.push(ue._bf.mpm(cc_ie7,1))<ue._bf.modules.push(ue._bf.mpm(cc_ie8,1))<ue._bf.modules.push(ue._bf.mpm(cc_ie9,1))<(function(g,b,h){function c(){var a=h.cookie.match(/session-id=(/[w//-]+)/);a=null!?!a?a[1]:null;var b=ue._sid,c=Date.now?Date.now():(new Date).getTime();d[a](e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var k=sbk,f=csm;b=b.navigator.cookieEnabled?!0:!1;var e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue._sid&&(d[ue._sid]=1,e.attach(beforeunload,c),setInterval(c,1E3))})(ue_csm>window,document);ue_csm.ue.exec(function(e,f){var a=e.ue{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var c=f.location,b=b?b:c&&c.href?c.href.split('#')[0]:void 0;c=(b)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?intrapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue_csm>window);var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f{ };a.AMZNPerformance=b;b.transition=b.transition{ };b.timing=b.timing{ };if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?!1:!0)!&&b.tags instanceof Array){var c=-1!=b.tags.indexOf(usesAppStartTime)b.transition.type?!b.transition.type&&-1

```

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## Cutting-Edge Cycling

Unfortunately, the basic **Cutting-Edge Cycling**: : **Hunter Allen, Stephen** Increase speed, power, endurance, and efficiency with Cutting-Edge Cycling.