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*Die Regeln
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ROY COLBY

The Cyclist's Training Bible

Portico
Rule #1: Never get involved with someone who won't be there for you when the sun comes up. Once bitten, twice shy, and sexy PI Jackie Morrisey wasn't going there again. Vincent Argeneau may be the hottest guy she's ever met, living or dead, but she's here to stop a killer from turning this vampire into dust, not to jump into bed with him. Rule #2: Never kiss a vampire . . . it can be a pain in the neck. Okay, so Vincent's had four hundred years to perfect his kissing skills, and he does look rather tempting when he runs

around the house shirtless. He's also charming, protective . . . did we mention he can kiss? Jackie needs to be on her guard, or else she'll have to come up with a new rule: If you're going to fall in love with a vampire, make sure it's a bite to remember.

Every Second Counts

VeloPress
From detailed portraits of the icons of the sport, to statistical breakdowns of the greatest road races and potted histories of its most enduring records, this collection of superbly entertaining infographics includes everything you need to know about professional cycling. Whether it is the tallest and shortest champions, oldest and youngest Tour riders, or the richest in

the peloton, Velopedia has it covered. Examining nearly all of the sport's most intriguing stories, it also includes the most memorable rivalries, heroic losers, most controversial stars and biggest scandals, not to mention the best punch-ups and mid-race mishaps. The eccentric side of the sport is here too, with kitsch kits, the strangest superstitions and most elaborate facial hair. Charting every generation from the Victorian age to the present day, Velopedia is the perfect book for both the most devoted amateur cyclist and the armchair fan.

It's Not About the Bike

VeloPress
At twenty-five, Emily Chappell took up cycle

couriering while she searched for a 'real job'. Eight years on, she is still riding. As she flies through the streets of London, dancing with the traffic, Chappell records the pains and pleasures of life on wheels: the dangerous missions; the moments of fear and freedom, and ultimately the simple joy of pedalling onward.

A Bite to Remember

Random House

Continuing where "It's Not About the Bike" left off, recounts Armstrong's life after cancer, his relationship with the French, disproved accusations of doping, and his work restoring a chapel in Spain.

Radsport Company of Cyclists

Previously published in 1987 by John Murray, this is an updated edition with many new illustrations. It tells the colourful story of cycling: from dandies on hobby-horses to the present day. This book shows how the status of cycling continually bobbed up and down the social scale. *On Your Bicycle* will appeal to anyone interested in people and their ways, rather than pure technology: although technological developments and the

social role of cycling are closely linked. It's a story of loud club-men on penny farthings, of aristocracy during the cycling boom of the 1890s, and of what happened when lower prices put bicycles into the hands of the working classes.

Ride Inside John Murray

Pubs Limited

Froome, Wiggins,

Mercks—we know the winners of the Tour de

France, but *Lanterne Rouge* tells the forgotten,

often inspirational and

occasionally absurd

stories of the last-placed

rider. We learn of stage

winners and former yellow

jerseys who tasted life at

the other end of the

bunch; the breakaway

leader who stopped for a

bottle of wine and then

took a wrong turn; the

doper whose drug cocktail

accidentally slowed him

down and the rider who

was recognized as the

most combative despite

finishing at the back. Max

Leonard flips the Tour de

France on its head and

examines what these

stories tell us about

ourselves, the 99% who

don't win the trophy, and

forces us to re-examine

the meaning of success,

failure and the very

nature of sport.

What Goes Around

Broadway

Cycling is hugely popular nowadays. Since 2003 more than 100 million bikes have been produced each year, more than twice the amount of cars. And in 2011, more than 741,000 people cycled to work, an increase of 90,000 from 2001. *The Splendid Book of the Bicycle* is a wide-ranging celebration of the bicycle and cycling, incorporating social history, sport and science. It covers the bicycle's invention and subsequent historical development, stories of intrepid early cyclists who travelled the world, the 20th-century popularity of cycle touring, and the depiction of bicycles in films, books and art. It examines the sport of cycling, including histories of the Tour de France and the other great European races, the Giro d'Italia and Vuelta a España, and goes on to explore velodrome-based cycling and the rise of BMX and mountain biking. It investigates the science behind balance and aerodynamics, and covers the future of bicycles, including innovative flying, floating and electric bikes. It also touches on the technical aspects of bicycles, including an exploded diagram of a typical bike

and tips for basic maintenance of your own bike. Beautifully illustrated with vintage and modern images, this book is a perfect gift for both bike obsessives and general readers. Word count: 35,000 words
The Man and His Bike
 Penguin
 Coach Joe Friel is the most trusted name in endurance sports coaching, and his *Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists. This new edition of the bestselling book includes all of the latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals. Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can: best gauge intensity with power meters and other new training technology to maximize form and fitness

and reduce fatigue; more knowledgeably and accurately make changes to their annual training plan over the course of a season; dramatically build muscular endurance with strength training; improve body composition and recovery with smarter nutrition. With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance.
Full Tilt Aurum Press
 'Ah, I remember you: you're the guy who lost the Tour de France by eight seconds!' 'No monsieur, I'm the guy who won the Tour twice. The international bestselling autobiography of the legendary French cyclist Laurent Fignon Two-time winner of the Tour de France in the early eighties, Laurent Fignon became the star for a new generation. In the 1989 tour, he lost out to his American arch-rival, Greg LeMond, by an agonising eight seconds. In this revealing account, the former champion spares nobody, not even himself, and pulls back the curtain on what really went on behind the

scenes of this epic sport - the friendships, the rivalries, the betrayals, the parties, the girls and, of course, the performance-enhancing drugs. Fignon's story bestrides a golden age in cycling: a time when the headlines spoke of heroes, not doping, and a time when cyclists were afraid of nothing. 'Sports book of the year: He's ruthlessly honest, about himself and about cycling, and he provides a gripping insight into an unrelenting hard world'
 Independent
The Descent Guardian
 Faber Publishing
 The world as seen from a bike 'Understated, comic and melancholic... It'll inspire you to get back on your bike.' Martin Love, *The Guardian* 'One of the most entertaining sports books I have ever read'
 Joe Short, *The Daily Express* In this award-winning collection of cycling tales, Wilfried de Jong uncovers the true soul of cycling - why we do it, why we watch it, why we hate it, why we love it - stripped bare. With his distinctly comic and melancholic charm Wilfried ponders life, love and death on his trusted bike, chasing the essence of our existence against the backdrop of major

cycling events or while roaming alone in nature. Whether he is describing being ejected from Paris-Roubaix, a terminal incident with a bird while out riding, or explaining why he is standing stark naked on Belgian cobbles with a tyre in his hand, Wilfried unlocks a sport that involves so much pain, punishment, and a high probability of failure, but that will always liberate and inspire us. [Shut Up, Legs!](#) VeloPress

The Time-Crunched Cyclist reveals the fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Now powered by Strava, this updated third edition of The Time-Crunched Cyclist training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts, one segment at a time. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains

using conventional training methods; they simply don't have enough time to train. So CTS developed a new approach: the Time-Crunched Training Program to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. The Time-Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval training (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. Nine comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. The new Time-Crunched Training Plans cover: New and Experienced plans for criteriums, road races, and cyclocross New, Experienced, and Competitive plans for century rides and Gran Fondos Gravel racing and ultraendurance mountain biking plans Intermediate

and Advanced plans for commuters This new, third edition integrates Strava, the popular ride tracking and analysis program. Powered by Strava, the Time-Crunched program becomes interactive, social, highly motivating and focuses riders on the training data that matters most. It also adds the Time-Crunched Diet, a sports nutrition approach designed to help riders optimize their power-to-weight ratio with new guidelines on eating behaviors and delicious recipes from chefs Michael Chiarello and Matt Accarrino. A new chapter on hydration and managing heat stress will show athletes simple ways to avoid overheating that lead to better performance. The Time-Crunched Cyclist can help you capture your best performance all in the time you have right now. *The Splendid Book of the Bicycle* VeloPress

Witness the French anthropologist as we have never seen him before. Marc Augé coined the term "non-place" to describe the ubiquitous airports, hotels, and motorways filled with anonymous individuals. In this new book, he casts his anthropologist's eye

on a subject close to his heart: cycling. With *In Praise of the Bicycle*, Augé takes us on a two-wheeled ride around our cities and on a personal journey into ourselves. We all remember the thrill of riding a bike for the first time and the joys of cycling. Here he reminds us that these memories are not just personal, but rooted in a time and a place, in a history that is shared with millions of others. Part memoir, part manifesto, Augé's book celebrates cycling as a way of reconnecting with the places in which we live, and, ultimately, as a necessary alternative to our disconnected world. *Triathlon Total* Meyer & Meyer

In *TOTAL TRIATHLON*, Roy Hinnen collects his experience of 30 years of triathlon sports in 30 chapters: it is a textbook for triathletes who wish to grow. It differs from the usual mainstream literature with its many new approaches and its relation to practice and has really captured the zeitgeist with the swim, bike and run formulas. Roy's practical approach is easy to understand and very sustainable. *TOTAL TRIATHLON* is aimed primarily at endurance athletes who have already

gathered a few years' experience and now wish to improve their personal best. The formulas on Roy's website are interactive tools which can guide every individual reader's training by calculating individual training targets for 92 new training sets. You can find more than 80 videos about efficient triathlon training which supplement this book perfectly on Roy's YouTube channel. I'm extremely excited to see that Roy has put all facets of training together in one place." - Mark Allen [Training and Racing with a Power Meter, 2nd Ed.](#) VeloPress

Beloved German cyclist Jens Voigt isn't a superstar in the traditional sense of the word. Although he won three stages of the Tour De France—and wore the yellow jersey twice—Voigt never claimed an overall victory. He became a star because he embodies qualities that go beyond winning and losing: sacrifice, selflessness, reliability, and devotion. European and American crowds were drawn to his aggressive riding style, outgoing nature, and refreshing realness. Voigt adopted a tireless work ethic that he carried

throughout his career. In *Shut Up, Legs!* (a legendary Jensism), Voigt reflects upon his childhood in East Germany, juggling life as a professional cyclist and a father of six, and how he remained competitive without doping. *Shut Up, Legs!* offers a rare glimpse inside his heart and mind.

The Rider Rodale Books
The champion cyclist recounts his diagnosis with cancer, the grueling treatments during which he was given a less than twenty percent chance for survival, his surprising victory in the 1999 Tour de France, and the birth of his son.

Velopedia Random House
Dervla Murphy's epic journey began during the coldest winter in living memory, and took her through Europe, Persia (Iran), Afghanistan, over the Himalayas to Pakistan and into India. A woman travelling alone in these countries was the unusual focus of interest and, even when the weather improved, there were difficulties and dangers enough to satisfy the most dedicated traveller. But although, in a world of vanishing tracks and political chaos, the solitary cyclist was

grateful for the revolver in her saddle bag, her journey was enriched by acts of unexpected kindness. Full Tilt was Dervla Murphy's first journey and first book, starting a long and celebrated life of travel writing in the most remote and wildest parts of the world. So for someone who has read one of her books and enjoyed it, or for anyone who would like to get to know the work of one of our greatest and most intrepid travel writers, this is the book to take you back to where it all started.

My World Reaktion Books

"The holy grail for disillusioned cycling fans . . . The book's power is in the collective details, all strung together in a story that is told with such clear-eyed conviction that you never doubt its veracity. . . . The Secret Race isn't just a game changer for the Lance Armstrong myth. It's the game ender."—Outside
NEW YORK TIMES
BESTSELLER • WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD
The Secret Race is the book that rocked the world of professional cycling—and exposed, at long last, the doping

culture surrounding the sport and its most iconic rider, Lance Armstrong. Former Olympic gold medalist Tyler Hamilton was once one of the world's top-ranked cyclists—and a member of Lance Armstrong's inner circle. Over the course of two years, New York Times bestselling author Daniel Coyle conducted more than two hundred hours of interviews with Hamilton and spoke with numerous teammates, rivals, and friends. The result is an explosive page-turner of a book that takes us deep inside a shadowy, fascinating, and surreal world of unscrupulous doctors, anything-goes team directors, and athletes so relentlessly driven to win that they would do almost anything to gain an edge. For the first time, Hamilton recounts his own battle with depression and tells the story of his complicated relationship with Lance Armstrong. This edition features a new Afterword, in which the authors reflect on the developments within the sport, and involving Armstrong, over the past year. The Secret Race is a courageous, groundbreaking act of witness from a man who is as determined to reveal

the hard truth about his sport as he once was to win the Tour de France. With a new Afterword by the authors. "Loaded with bombshells and revelations."—VeloNews
"[An] often harrowing story . . . the broadest, most accessible look at cycling's drug problems to date."—The New York Times
" 'If I cheated, how did I get away with it?' That question, posed to SI by Lance Armstrong five years ago, has never been answered more definitively than it is in Tyler Hamilton's new book."—Sports Illustrated
"Explosive."—The Daily Telegraph (London)
On Your Bicycle Simon and Schuster
In My World, Peter Sagan, one of cycling's greatest riders of all time, gives bike racing fans a glimpse behind the scenes of his cycling life, revealing the full extent of his dedication to competition and determination to win. With four Tour de France points jersey victories, three road race world championships, the 2018 Paris-Roubaix, and multiple spring classics among Sagan's palmares, the world of cycling agrees that this intense yet fun-loving rider is among the most dominant and fun-to-watch riders of

his generation. Inside My World, Sagan discusses his relationship with fellow riders, his heroes, and how he copes with the expectation of success. He also shares technical details about his preparation, dissects the art of the sprint, and analyzes the tactics that play out during a fiercely competitive stage or race. In Praise of the Bicycle Harper Collins
The classic bicycle road racing book first published in 1978 chronicles a 150-

kilometer European road race and its competitors in vivid, realistic detail. Reprint.
Die Regeln Bloomsbury Publishing USA
Sven Bremer deckt in seinem Buch die gesamte Bandbreite des Rennsports ab. Er erzhlt die Geschichte des Rad- und Bahnradsports und stellt u. a. die wichtigsten Rundfahrten und Eintagesrennen vor. Portrts von deutschen bzw. den besten Rennfahrern der Welt, Taktik im Radrennen und

Aufbau eines Profi-Rennstalls geben einen Einblick in die Welt des professionellen Radsports. Auch Themen fr ambitionierte Hobbyradfahrer finden Platz in diesem Buch: Fahrtechnik fr Einsteiger, Rennradtraining in der Gruppe, Rennradfahren im Verkehr, Ausstattung und Bekleidung. Das unterhaltsame Buch mit vielen Anekdoten ist ein MUSS fr alle Radsportfans oder die, die es noch werden wollen.