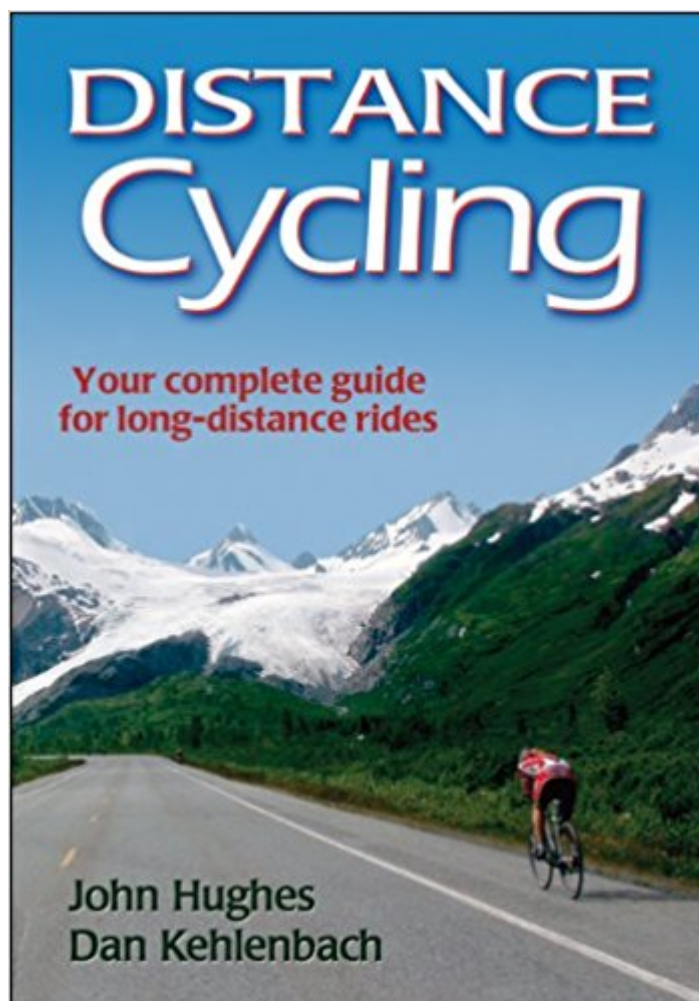


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# Distance Cycling



## Synopsis

Century, brevet, cross-state, ultradistance—there is only one book that covers them all. Distance Cycling is a comprehensive guide for planning, training, and competing in long-distance events. Long-time distance cycling great John Hughes, an endurance coach and sport science expert, and coach Dan Kehlenbach team up to cover the sport from every angle. Combining sport science, including the latest research on training and conditioning, with hands-on advice for planning and performance, Distance Cycling will ensure you get the most from every ride. With Distance Cycling, you will learn how to

- select the distance events best suited to you;
- prepare yourself for the physical and psychological demands of the sport;
- train for century rides and brevets using the 8- and 15-week conditioning programs; and
- conquer grueling ultradistance rides.

You will also learn how to fuel properly before, during, and after events; how to select the best equipment for your ride; how to perform basic roadside maintenance on your bike; and how to avoid the most common injuries in distance cycling. Before you ride, read this book. As the ultimate guide for the ultimate sport, Distance Cycling will help you ride longer, stronger, and more comfortably in every event.

## Book Information

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## Customer Reviews

“Armed with training programs from John Hughes and Dan Kehlenbach, I became a UMCA champion, solo RAAM qualifier, cross-state record holder, and 1200K finisher. Distance Cycling will give you the advantages these authors gave me.” Larry Graham -- President,

UltraMarathon Cycling Association (UMCA) "I wish Distance Cycling had been available 35 years ago when I struggled to find intelligent information about how to ride farther and faster. This book is a must for any rider who wants to improve overall long-distance cycling performance." • Lon Haldeman -- Eight-Time Transcontinental Record Setter and Race Across America Winner "Distance Cycling is the coach you've always wanted and needed. John Hughes and Daniel Kehlenbach have taken the best and most current information about training, diet, safety, technique, and mental preparation and applied it to all cyclists yearning to go farther and faster." • Muffy Ritz -- Three-Time RAAM Runner-Up, Former Member of U.S. Ski Team "With Distance Cycling, Hughes and Kehlenbach have created an important, accessible tool of self-knowledge and empowerment for the motivated endurance cyclist." • Chris Fisher, ForeWord magazine "My good friend, and ultracycling guru, John Hughes, has produced the ultimate book on what a cyclist needs to know when considering a ride of more than 100 miles." Ken Bonner-- Veteran ultracyclist and member of Randonneurs USA, UltraMarathon Cycling Association, and BC Randonneurs Cycling Club "Distance Cycling has great information on conditioning and nutrition, and it's full of detailed week-by-week cycling training programs for various distance goals. Best of all, it's written in an enjoyable, easy-to-read style. Without a doubt, it's the best book I've read on long-distance cycling." Dan Wallace-- Veteran ultracyclist and member of the UltraMarathon Cycling Association and Randonneurs USA

John Hughes has been an endurance cyclist since 1975, spending 15 of those years as a coach and trainer. For 12 years he served as the managing director of the UltraMarathon Cycling Association (UMCA), the founding organization of the transcontinental Race Across America (RAAM). As UMCA director, Hughes developed the popular century challenge, encouraging cyclists to ride 100 miles every month. Hughes has twice competed in RAAM and has twice won the Furnace Creek 508, a 508-mile RAAM qualifying event. Among his other accomplishments are seven 1,200-kilometer randonnées, including a course record for the Boston-Montreal-Boston route. For 10 years Hughes organized and led supported tours of the West and Southwest. He also explored the West on self-supported tours on a loaded touring bike. Hughes has been certified as a USA Cycling sport coach and a National Strength and Conditioning Association personal trainer. Hughes has coached numerous riders, from people preparing for their first centuries to dozens of top RAAM finishers. He lives in Boulder, Colorado. Dan Kehlenbach has been coaching cyclists and other endurance athletes since 1995. He has certifications through USA Cycling as a level 2

coach and the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS). He earned his master's degree in sports medicine from the United States Sports Academy in Daphne, Alabama. Kehlenbach spent four years with the U.S. Coast Guard, serving as the strength and conditioning instructor for the recruit training program in Cape May, New Jersey. He also represented the Coast Guard in cycling races, duathlons, triathlons, and running events. As a contributing editor for UltraCycling, the official magazine of the UMCA, Kehlenbach wrote numerous articles on training and conditioning, specializing in articles that demystify the complexities of sport science.

Distance Cycling is a great book, which should be on all cyclists bookshelf. The authors are very well informed about distance cycling and the book has a lot to offer the new cyclist as well as a very experienced cyclist. What I liked best about this book is that it is all about distance cycling, that is longer events such as the Metric Centurys and longer. This is what helps to set this book apart from most of the self-help, self-coaching cycling books out there. Another point to consider, is that this book is also up-to-date as it was published around a year or so ago, but not more than two years ago. I liked the author's down-to-earth, common sense yet detailed approach to distance cycling. An added bonus are the anecdotes of how one famous distance cyclist prepared and rode in the RAAM on a bike with essentially touring geometry. I really appreciated that story because it reflects what I think is the author's attitude that you should learn how to use what you have got, and what works for you, to the utmost instead of blindly following the cycling and commercial mantras of the herd. There is something for every level of cyclist in this book, which is rare indeed.

I started riding again last year after 30 years of not. My primary interest from day one was to ride a century. This book is a very good guide for a beginner. I learned a lot, but I also felt like I needed to find another book(s) that went deeper. Nevertheless, my take aways were the training guides/schedules based on time versus mileage--I am using their 8-week schedule for an upcoming century, the section on nutrition and learning what your body can handle and digest while riding, as well as how much to eat, and the concept of heart rate zones. Before I finished the book, I upgraded my bike, had a VO2 Max test done to determine my lactate threshold, and got a Garmin 510 bike computer with heart monitor. In other words, it has helped me to become much more focused and deliberate with regard to my training, and that has made it exponentially more fun. On the other hand, if you're are an experienced rider with years in the saddle, this book might be too lite.

Probably the best approach to becoming a runner or a cyclist is in fact to join a club and partake of their training/coaching sessions. However, that is not always possible and also doesn't fit the personal choices of many people. I think this book - while written some time ago is nevertheless a very good choice for the self-coached or for a cyclist who wants to think about and review his own approach. It is specifically dealing with the training for and execution of long distance cycling. It is wonderfully practical regarding training and also the fitness training/weight training which should accompany the requisite "time on the bike".

Just buy it! I cannot imagine anyone who is looking for a single source of information on long distance cycling, preparation, and training being disappointed with this book. I continually discover new bits of information as I return to it for answers to new questions or to re-read sections. If you are looking to improve your cycling and increase your distance, Distance Cycling is an outstanding resource. I highly recommend this book.

If you want to learn the tricks of the trade for distance cycling than this is the book for you. I ordered and read the kindle version and received a hardcopy when I hired John Hughes to prepare me for my coast to coast ride across America. The book covers all aspects from nutrition to stretching and strengthening for 100 mile rides to multi-day events. The biggest thing I learned besides riding many miles is the need for off the bike work. All I wanted to do is ride and this book opened my eyes for the need to have a solid core that will help me climb the mountain passes on my ride. This book details what you need to do.

The author goes beyond just providing training programs and expands on concepts that one can use to come up with training plans.

This is helping my spouse and I prepare to ride 900 miles in 5 days at the London Edinburgh London ride. It has helped our cycling tremendously!

I used to be an amateur racer and bought this book to help transition to endurance riding. I successfully used this book to finish in the lead group of three in the RMCC Denver to Aspen ride last year. I found the information great, and the detail was enough for me to put together a great training plan. So if you're already an experienced rider who has done races and 100 mile rides this book is still very useful, you will just skip some of the beginner chapters.

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