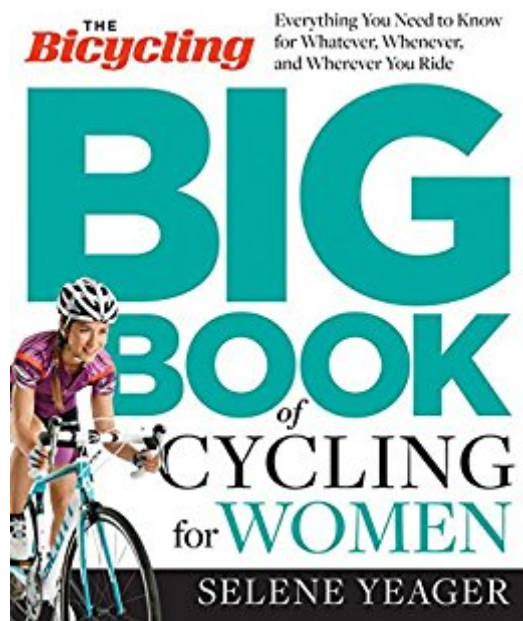


The book was found

The Bicycling Big Book Of Cycling For Women:Â Everything You Need To Know For Whatever, Whenever, And Wherever You Ride



Synopsis

It's a fact: Women are built differently than men. That means that women's bodies react differently to training, nutrition, and sometimes even riding itself. Yet most bicycling books are written without addressing any of these differences. This comprehensive cycling book addresses how to gear up and prepare for any goal--whether you want to ride for pleasure, complete your first 100 miles, or line up at a race. Top professional cyclist Selene Yeager has teamed up with the editors of Bicycling magazine to create *The Bicycling Big Book of Cycling for Women*, an easy-to-follow instructional manual geared specifically toward women and their unique needs. It breaks down the sport of cycling into easily digestible sections, beginning with the history of women's cycling and progressing into equipment, lifestyle, technique, training, fitness goals, nutrition, maintenance, and more. The book also includes a women-specific section regarding hormones and exercise performance, cycling while menstruating, cycling while pregnant, how menopause affects your training, and how specific parts of the female body are uniquely affected by cycling. *The Bicycling Big Book of Cycling for Women* is an indispensable, lifelong guide for every female cyclist.

Book Information

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Customer Reviews

As a relative newbie (only 2 years riding) I was so happy to find this book!!! I was primarily riding with a man who was teaching me what he knew and how he rode...I have learned so much about women and riding. My speed has improved through better technique, food choices, recovery and understanding of what is happening during this awful change of life! Thank you so much Selene Yeager for helping to fall even more in love with cycling!

If you are a woman and you RIDE or you are thinking about riding, then you need this book! It will answer any cycling question you've ever had or ever will have!!! Bicycling Magazine's Fit Chick will answer all your cycling questions from what to wear to can you cycle while pregnant! Anything, and I mean anything, you've wanted to know about bikes and cycling is covered in Selene's book! A great go-to book that you'll be reaching for often for cycling help, advice, stories and tips! I'm a woman and I ride, indoors and on the road and trails, and I learned a lot! Definitely a 5-Star purchase!!!!

Awesome book, packed full of important and interesting information. A must for anyone new or returning to bicycling.

It's a book for BEGINNER female cyclists. It would have been more valuable to have about 4 years ago :)

Lots of great information for women cyclist. My Go to book when I have a question.

Great information. I wish i had read it before i bought my bike!

Very helpful information especially before buying a bike

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