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Bicycling Maximum Overload For Cyclists: A Radical Strength-Based Program For Improved Speed And Endurance In Half The Time



Synopsis

Bicycling Maximum Overload for Cyclists is a radical strength-based training program aimed at increasing cycling speed, athletic longevity, and overall health in half the training time. Rather than improving endurance by riding longer distances, you'll learn how to do it by reducing your riding time and adding heavy strength and power training. Traditionally cyclists and endurance athletes have avoided strength and power training, believing that the extra muscle weight will slow them down, but authors Jacques DeVore and Roy M. Wallack show that exactly the opposite is true. The Maximum Overload program uses weightlifting to create sustainable power and improved speed while drastically reducing training time and eliminating the dreaded deterioration that often occurs during the second half of a ride. A 40-minute Maximum Overload workout, done once or twice a week, can replace a long day in the saddle and lead to even better results. This comprehensive program includes unique takes on diet, interval training, hard and easy training, and sustainable power. Backed by the most trusted authority in the sport, Bicycling Maximum Overload for Cyclists is a book that no cyclist should be without.

Book Information

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Customer Reviews

The program offered in this book seems like it might be the perfect path by which resistance training can be incorporated into your cycling efforts, however, the need to fill enough pages to make this a "book" added a great deal of frustration... Yes, we all know how challenging it can be to find the appropriate gear... After the third time I read that analogy, I started to lose respect for the authors and editors. Also, when you are providing a book of this type, I cannot overemphasize the benefit of using table/chart/etc. to communicate certain points... If you are delivering a training plan, illustrating it in a chart provides your reader the ability to digest the whole as opposed to continually flipping pages.... Also, as you are describing workout, including pace/timing/etc., use concrete and discrete language... What is a mini-set? Do mini-sets make up big/full sets? How much rest between efforts? What is the measure to determine how long that rest between efforts should be? I believe there is some fantastic content in this book... It is unfortunate that the reader has to re-edit it to unlock the value.

This is a complex program that you probably need to be taught to do... OR there should be instructional videos. Unfortunately, I won't be able to implement it. IF I had access to the teaching and all the equipment INCLUDING assessment I think it would be great.

I am 45 years old with 2 months of MO under my belt. My average power has increased well over 15% and for my most recent race stats: 26 MPH AVG topped out at 34 for 16M and power was 324 (prior race was 23 MPH for 11M and power of 256). This stuff works...thanks again Jacques Devore!!!

Great book with great concepts. Enjoyed the great examples and photos for illustration. A must have if you want to take your cycling to another level of strength and power!

Well written and very helpful.

Typical exercise book - lots of explanatory "fluff" to justify a book format, with the workout component relegated to a couple of chapters. Once I waded through all the chatter, it took me three readings to make sense of the workout plan. There are "sets", "mini-sets", "steps", "reps" and other terminology that, at times, seemed muddled and I found confusing. I found it difficult to determine exactly what my first workout on the Maximum Overload system should look like. While it does have a suggested schedule for each week of the 12 week workout plan, the book needs a clearly

elucidated example of a full workout for each of the phases. That said, I gave it a third star because, in the final analysis, I like the concept and think it will work for me.

The content is good here. There is a good bit of information that is documented and accurate. No doubt that if you can follow this disorganized mess, you can develop a good workout that will benefit you on the bike. But, this is the most disorganized text I've read in a long time. The editor should find another line of work and the author would do well to find another person to edit this body of information. If I did recommend this to anyone, I would do so with one huge caveat - you CAN glean some good information about a weightlifting plan for cycling, but be prepared to do a bit of a workout making sense of this book's bizarre and unhelpful method of organization. It defies logic. (curious that "Bicycling" magazine would lend its name to this text - but, of course, that rag is little more than a shill for the bicycle industry)

I'm pretty frustrated with this book, and I held out such high hopes. Before I proceed with my criticisms I would like to state that I do think this book has a lot of good information and it will change your train of thought about the importance of weight training. That said- I would like to echo what I've seen others state here and other outlets- This book is disorganized! Author- FIND A NEW EDITOR!!! One reviewer said it took him 3 readings to develop a workout plan. One example- Chapter 2 covers the exercises, chapter 3 coaches self assessment, Chapter 4 it's onto the actual workouts. The author offers only one workout template and #1 for legs is the single leg press done on a machine and has no mention of what to substitute with if you don't have access to the machine. Author touts the fact that all workouts can be done without machines then leads with this? WTH! After that it's simply a weird training plan that instructs to do 3 sets of certain weight for certain amounts of time. I would like to give the editor one star and the author 4 stars but I can't so I settled on 3. This book needs an improved 2nd edition.

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