



## Cycling Past 50 (Ageless Athlete Series)

*Joe Friel*

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Conventional wisdom says that middle-aged cyclists should slow down and expect to achieve less as they grow older. But in *Cycling Past 50*, author Joe Friel shows cyclists that with proper training and the right attitude, the years after 50 can be their best ever.

Written for cyclists of all types-road riders, mountain bikers, track racers-this book provides an in-depth look at the full range of considerations for cycling successfully into and through middle age.

Joe Friel, a writer and contributing editor to several top cycling publications and a dedicated rider himself, will inspire cyclists toward better performance and more biking enjoyment as he presents:

- basic principles of training;
- advanced workouts to improve endurance, climbing ability, and sprinting;
- training advice for 100-mile events and multi-day tours;
- planning tips and a workout program for getting into racing form;
- injury prevention tips and exercises; and
- body fueling advice.

In addition to explaining the physical adjustments seasoned cyclists can make to keep their biking effective and satisfying, Friel discusses the mental aspects of cycling successfully into middle age. He explains the importance of developing a positive attitude, maintaining a high level of motivation, and taking pride in their accomplishments. He also reminds cyclists that, above all, biking should be a fun activity that should be shared with fellow riders, family, and friends.

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