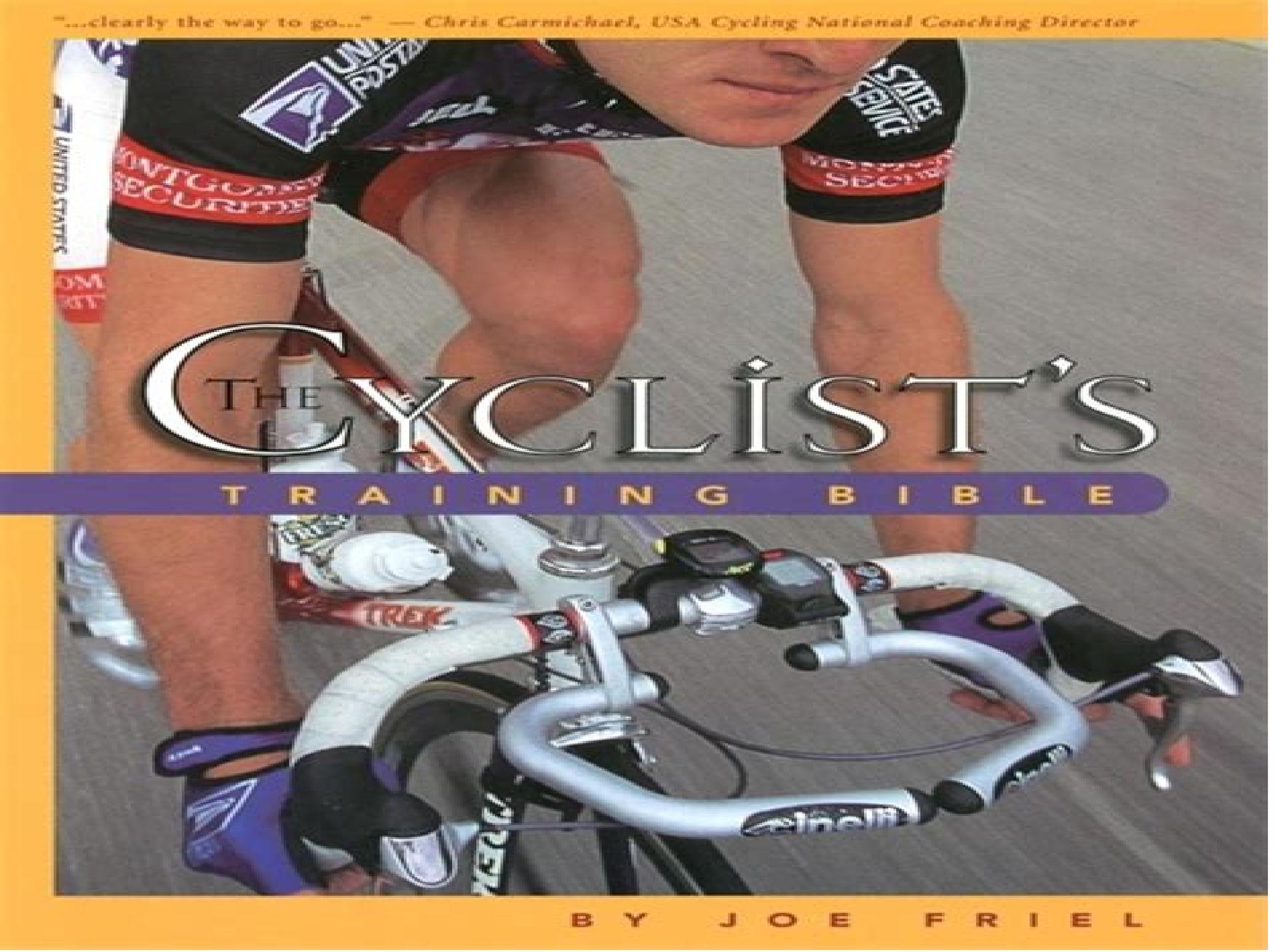


"...clearly the way to go..." — Chris Carmichael, USA Cycling National Coaching Director



# THE CYCLIST'S

TRAINING BIBLE

BY JOE FRIEL

# The Cyclist Training Bible

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