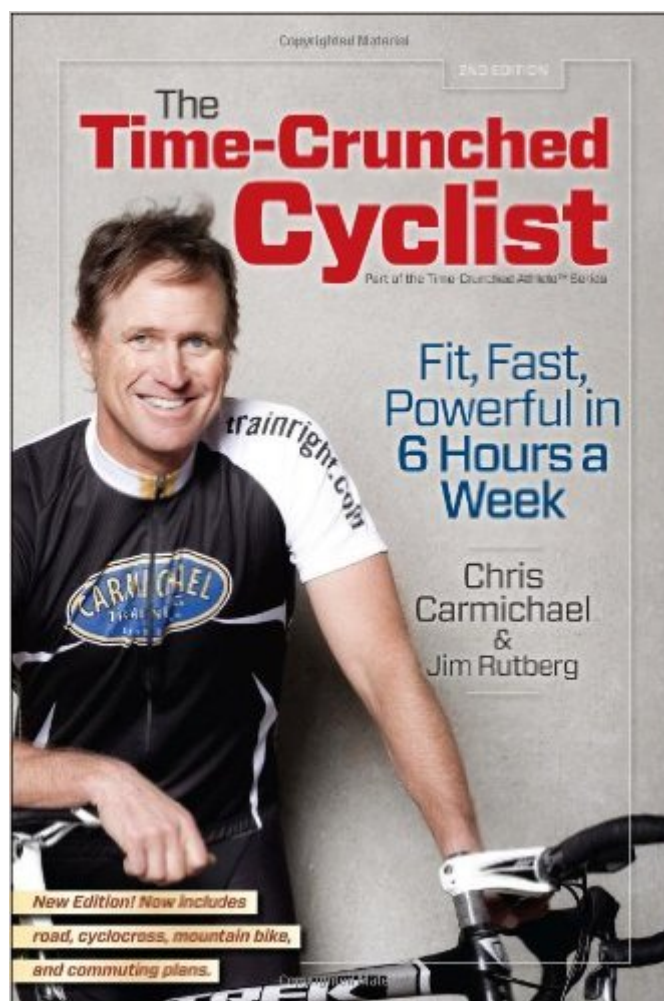


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# The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful In 6 Hours A Week (The Time-Crunched Athlete)



## Synopsis

The Time-Crunched Cyclist reveals the fastest way to get fit for road racing, century rides, cyclocross, Gran Fondos, mountain bike events, and multi-day cycling tours. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. Carmichael Training Systems developed a new approach--the Time-Crunched Training Program--to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. The Time-Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. 8 comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. New programs for this second edition bring cyclists up to speed for cyclocross racing, mountain bike endurance rides, and show bicycle commuters how to turn their twice-a-day rides into effective time-crunched workouts. The Time-Crunched Cyclist will help former racers, bicycle commuters, "ÃÃ"cross fans, and mountain bikers capture their best performance--all in the time they have right now.

## Book Information

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## Customer Reviews

I read this book as well as Joe Friel's "Cyclist's Training Bible" and also Friel's "Total Heart Rate Training." All are fine books, and broadly consistent in their content. All are worth reading at some point. What makes this book stand out is its focus on training within time constraints of people with full-time jobs, families, and a life outside of cycling. While the annual plans in Friel's book extend to cyclists training 200-300 hours per year (similar to the 6 hours/week that Carmichael targets), they are not distinguished from those who train 800, 1000 or more hours per year. In contrast, Carmichael treats such cyclists as a distinct class, with some unique needs. Carmichael explains what you give up by training fewer hours, and how higher intensity training can partially compensate. Note I said "partially": Carmichael is careful to spell out the limitations of the type of fitness that shorter-duration, higher-intensity training will get you. It's not claimed to be a magic bullet. Carmichael includes a pretty thorough Q/A to determine if the trade-offs are right for you. I especially liked Carmichael's discussion of how to make adjustments when reality gets in the way of the planned workouts. What do you cut first? Can you shorten a workout; and if so, how? How do you re-schedule missed workouts without sacrificing the later regularly-scheduled workouts? How do you know if you should just bag on a workout altogether? This is highly useful, and goes beyond a prescription of workout schedules to a fuller understanding of training principles and priorities. Carmichael is also realistic about the equipment that readers will or will not have access to, especially power meters.

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