



Cyclocross: Training and Technique

By Simon Burney

Velo Press. Paperback. Book Condition: New. Paperback. 230 pages. Dimensions: 9.4in. x 6.2in. x 0.7in. Cornering in snow, jumping hurdles, dismounting and remounting, powering through sand, mud, and ice it must be cyclocross season. From the expert on cyclocross racing and training comes this fully updated and expanded edition of the only definitive guide to cycling's most exciting and technical sport. Beginners and cyclocross veterans alike will benefit from Simon Burney's comprehensive presentation of racing techniques and tactics, fully illustrated with photos of elite riders in top form. Updated coverage of equipment and bike fit will help newcomers get off to a good start with the proper gear, while an expanded training section provides daily, weekly, and monthly planning guidance, with tips for on- and off-road training as well as run training. Improve your skills, plan your training season, and choose the best equipment with a helping hand from the master of cyclocross. Simon Burney, a former professional cyclocross racer and a British team mechanic at several world cyclocross championships, has spent the last twenty years managing cyclocross and mountain bike teams, during which time he has worked with some of the top cross riders in the world. Since 2000, he has...



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