

A cyclist wearing a red jersey and black shorts is riding a road bike on a paved path. The cyclist is in a dynamic, forward-leaning position, suggesting speed. The background shows a clear blue sky and green hills in the distance. The overall image has a sense of motion and energy.

Bicycling.

GET FAST!

**A Complete Guide
to Gaining Speed
Wherever You Ride**

SELENE YEAGER

Get Fast By Selene Yeager

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Get Fast! Selene Yeager, 2013-04-23 Every cyclist wants to get faster Whether they re a weekend warrior a crit specialist or a charity cruiser speed is the X factor that lets a rider ride strong feel fresh and thoroughly enjoy each ride *Get Fast* is the cyclist s go to guide for gaining speed In it author Selene Yeager addresses speed from every possible angle including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand alone chapters on fitness and weight loss stretching nutrition and supplementation motivation and mental attitude Together they present a complete and comprehensive guide to achieving one s top speed Bolstered by a foundation in science and road tested by Yeager and the editors of *Bicycling* magazine the wisdom presented in *Get Fast* will have riders and readers flying on the road dirt dirt roads cross course track anywhere and everywhere they love to ride most in no time at all **Bicycling**, 2006-07 *Bicycling* magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels **Bicycling**, 2006-07 *Bicycling* magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels **Selene Yeager's Perfectly Fit** Selene Yeager, 2001 The author discusses her unique method for shedding fat and increasing metabolism in this illustrated guide to basic weight training **Tom Danielson's Core Advantage** Tom Danielson, Allison Westfahl, Patrick Dempsey, 2025-11-04 Tom Danielson s *Core Advantage* offers a simple highly effective core strength program for cyclists This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling no gym membership required Tom Danielson s *Core Advantage* offers a simple highly effective core strength program for cyclists This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling no gym membership required Professional cyclist Tom Danielson used to have a bad back He shifted in the saddle never comfortable often riding in pain Hearing that core strength could help his back he started doing crunches which made matters worse He turned to personal trainer Allison Westfahl for a new approach Danielson and Westfahl developed all new core exercises to build core strength specifically for cycling curing Danielson s back problems Better yet Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power Using Danielson s core exercises cyclists of all abilities will enjoy faster pain free riding Cyclists will perform simple exercises using their own body weight to build strength in the low back hips abs chest and shoulders without adding unwanted bulk and without weights machines or a gym membership Each *Core Advantage* exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back neck and shoulders Beginner intermediate and advanced training plans will help bike racers century riders and weekend warriors to build core strength throughout the season Each plan features warm up stretches and 15 core exercises grouped into workouts for injury resistance better posture improved stability and bike

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