



# Weight Training for Cyclists: A Total Body Program for Power & Endurance

*Ken Doyle, Eric Schmitz*

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Since the publication of the first edition of the only cycling-specific weight training book on the market, time spent in the gym has become a standard part of every cyclist's training schedule. This new edition, with updated material on core strength and nutrition, brings together the most current research on strength building and the most recent and effective equipment innovations. Authors Ken Doyle and Eric Schmitz explain clearly how strength training in the weight room translates to endurance and power on the road. How should an athlete fit weight training into an already demanding cycling program? How does the approach to lifting change from the beginning of the season to the end? Which exercises are best on what days? How many repetitions are needed? Doyle and Schmitz address all these questions and more in easily grasped, lucid language. More than 60 exercises are illustrated and described in detail, and ten sample programs guide riders through their season.

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