



CYCLING MYTHS AND REALITIES

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Everything you need to know to distinguish cycling facts from fiction!

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Is running better than cycling for losing weight? Is cycling good for heart health? Is spinning the ideal training for getting in shape? To keep up your energy when cycling, do you need to add sugar to your water? For optimal aerodynamics, are the wheels the most important thing?

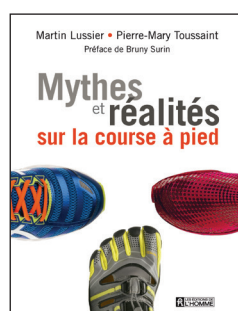
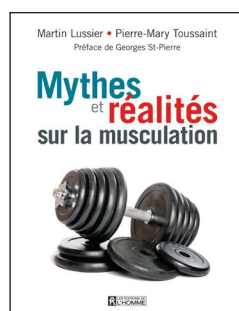
It's not always easy to find what you need in the flood of information circulating on the topic of cycling and cycling training. To help you separate fact from fiction, the authors have examined an impressive amount of scientific documentation and offer you a sweeping overview that sheds light on 50 persistent myths about cycling. Whatever your goal, you will find in this book all you need to know, in particular about the different kinds of bicycles, parts and accessories, training techniques, maximizing performance and the diet that makes it possible. Thanks to the knowledge you'll gain from this book, cycling will soon hold no more secrets for you!

Strong points

- This book provides precise and well-documented answers to various questions asked by athletes.
- A practical and accessible tool especially for enhancing training knowledge and techniques, and for buying the most appropriate equipment and following the best diet for athletic activity.
- Each myth is presented on several pages to make reading and consulting the book easier.
- Following the explanations of each myth, there are links to other related subjects for further reading.
- A number of graphics and illustrations greatly assist in understanding key concepts.

Alain Charlebois holds a B.A. in kinesiology. An endurance and ultra-endurance athlete, he trains people for the triathlon, his passion for the past 25 years.

Martin Lussier is a kinesiologist and instructor in the kinesiology department at the Université de Montréal. An accomplished athlete, he attempted to climb Everest in the fall of 2011.



By the same authors

MYTHS AND REALITIES OF PHYSICAL CONDITIONING
MYTHS AND REALITIES OF BODY-BUILDING
MYTHS AND REALITIES OF RUNNING