



Distance Cycling

John Hughes, Dan Kehlenbach

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Century, brevet, cross-state, ultradistance—there is only one book that covers them all. *Distance Cycling* is a comprehensive guide for planning, training, and competing in long-distance events.

Long-time distance cycling great John Hughes, an endurance coach and sport science expert, and coach Dan Kehlenbach team up to cover the sport from every angle. Combining sport science, including the latest research on training and conditioning, with hands-on advice for planning and performance, *Distance Cycling* will ensure you get the most from every ride.

With *Distance Cycling*, you will learn how to

- select the distance events best suited to you;
- prepare yourself for the physical and psychological demands of the sport;
- train for century rides and brevets using the 8- and 15-week conditioning programs; and
- conquer grueling ultradistance rides.

You'll also learn how to fuel properly before, during, and after events; how to select the best equipment for your ride; how to perform basic roadside maintenance on your bike; and how to avoid the most common injuries in distance cycling.

Before you ride, read this book. As the ultimate guide for the ultimate sport, *Distance Cycling* will help you ride longer, stronger, and more comfortably in every event.

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