



Fitter, Further, Faster: Get Fit for Sportives and Road Riding

Rebecca Charlton, Robert Hicks, Hannah Reynolds

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In the same way as mass-participation events in running have captured the public imagination, cycling events in which everyone can take part have burgeoned in popularity since they were first introduced in the UK in the late 1990s, with a raft of events now covering a range of distances, many selling out within days and offering the chance to be involved to thousands of entrants.

Fitter, Further, Faster is a complete guide to how to prepare for road riding and sportive events aimed both at first timers and those more experienced. Organised around a six-month timeline that shows readers how to prepare for an event, it looks at training plans - for speed, endurance, pacing, technique and attitude on climbs - leading up to the event itself and subsequent effective recovery. It covers diet, how to cope in all weathers, the rules and etiquette of road riding, the mind, the body, coping with injuries and breakdowns and on-the-bike nutrition.

Showcasing some of the best sportives in the world, the book is filled with high-quality photographs and illustrations, along with case studies and personal accounts from leading riders.



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