



# 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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Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Fitter, Further, Faster: Get Fit for Sportives and Road Riding, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

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