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The Bike Lesson

OA Big Book Study - part 5/9: step 2 \u0026 3

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From purchasing one's first bike to learning all its different components, Bicycling Big Book of Cycling for Beginners is the go-to guide for any beginning cyclist's collection. The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter, faster, and safer using this incredible wealth of knowledge.

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Bicycling Big Book of Training is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen. The book is divided into five sections that are then broken into miniguides for various cycling training disciplines.

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The Bicycling Big Book of Training: Everything you need to know to take your riding to the next level (Bicycling Magazine) Paperback - February 24, 2015 by Danielle Kosecki (Author), Editors of Bicycling Magazine (Author), Jens Voigt (Foreword) 4.4 out of 5 stars 19 ratings See all formats and editions

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