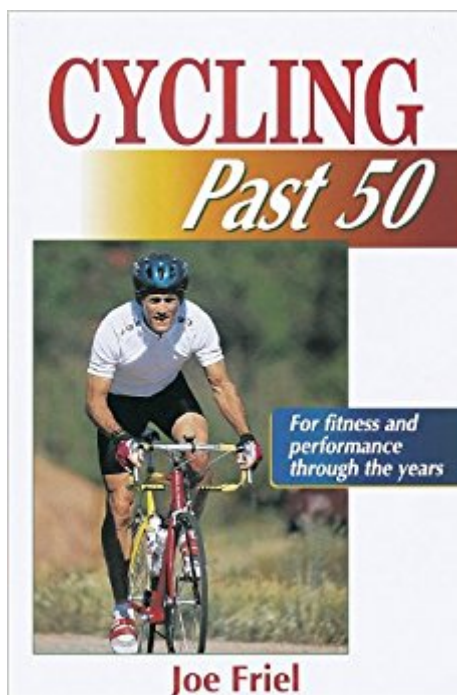


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# Cycling Past 50 (Ageless Athlete)



## Synopsis

Conventional wisdom says that middle-aged cyclists should slow down and expect to achieve less as they grow older. But in *Cycling Past 50*, author Joe Friel shows cyclists that with proper training and the right attitude, the years after 50 can be their best ever. Written for cyclists of all types—road riders, mountain bikers, track racers—this book provides an in-depth look at the full range of considerations for cycling successfully into and through middle age. Joe Friel, a writer and contributing editor to several top cycling publications and a dedicated rider himself, will inspire cyclists toward better performance and more biking enjoyment as he presents:— basic principles of training;— advanced workouts to improve endurance, climbing ability, and sprinting;— training advice for 100-mile events and multi-day tours;— planning tips and a workout program for getting into racing form;— injury prevention tips and exercises; and — body fueling advice. In addition to explaining the physical adjustments seasoned cyclists can make to keep their biking effective and satisfying, Friel discusses the mental aspects of cycling successfully into middle age. He explains the importance of developing a positive attitude, maintaining a high level of motivation, and taking pride in their accomplishments. He also reminds cyclists that, above all, biking should be a fun activity that should be shared with fellow riders, family, and friends.

## Book Information

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## Customer Reviews

"This time the dean of human performance takes on the metamorphosis of aging along with the associated roller coaster ride of ills and thrills. Joe Friel's journey into aging explores the gamut of

changes that affect us as cyclists. For some, Cycling Past 50 confirms the infinity of human physical potential. On a broader scale, it is our complete reference guide for personal exploration." John Howard 3-time Olympic Cyclist, 13-time U.S. national champion, Pan Am Games gold medalist, Ironman Triathlon world champion "One of America's best cycling coaches shares his wisdom in a comprehensive book directed to the over 50-year-old. Senior riders will appreciate Joe devoting an entire book to them. Younger riders must read this book too-there's so much good information for riders of any age." Arnie Baker, MD 5-time cycling national champion, Elite cycling coach, author, and columnist

"Joe Friel's journey into aging explores the gamut of changes that affect us as cyclists. For some, Cycling Past 50 confirms the infinity of human physical potential. On a broader scale, it is our complete reference guide for personal exploration." John Howard 3-time Olympic cyclist, 13-time U.S. national champion, Pan Am Games gold medalist, Ironman Triathlon world champion "Senior riders will appreciate Joe devoting an entire book to them. Younger riders must read this book too-there's so much good information for riders of any age." Arnie Baker, MD 5-time cycling national champion, Elite cycling coach, author, and columnist "Impressive . . . comprehensive, yet straightforward. Every cyclist and coach, whether young or old, beginner or professional, has something to learn from this book." Mike Niederpruem, MS, CSCS Manager of Coaching Programs USA Cycling

Finally I have a rational guide to training for older riders! At 67 I had spent the winter riding a bit and then had to ramp up my training prior to a Gran Fondo in my home town. I had registered for this event and had an interest in completing my training for the event. I thought I would die! Week after week I was doubling my miles and knew this was not good. I needed some guidance in establishing a more rational plan for training. Through this book, I have come to further understand VO2 capacity. Years ago I was monitoring my pulse to insure that I was meeting the 75% goal I learned about from Kenneth Cooper while becoming a runner. It was interesting that I never came to understand that there is a wide world above the 75% threshold. Starting slowly, and within a week of getting the book, I bought a watch with heart monitoring capabilities. Now just monitoring my work load I am able to adjust my effort in real time (no pun) by simply glancing at the watch. Based on my age, my VO2 max is 152 BPM. I was delighted on one ride when my Maximum output was 174 BPM, and that I did not collapse! Proof positive, to me that there is much I have to learn about establishing a more accurate picture of what my actual capacity for exercise is and to monitor this periodically. I am

so reassured that my performance can be improved by following the principles in Mr. Friel's book, I just purchased a new bike to use exclusively in my training. If you have wondered when the joy of cycling will end read this book!

It is often said that there are two types of cyclists: those who have not crashed and those who have. I would add to this cycling wisdom there are those who are over fifty and those who are not. This is a pretty good book if you are an over fifty cyclist who is relatively new to cycling. It is well written and to the point. The training suggestions are well grounded and clearly thought out for the benefit of the over fifty cycling group. If you are over fifty and cycling, I am happy to suggest this book. If you are a younger cyclist, I suggest the Joel Friel's other book, The Cyclists Bible. One of the knocks on this book is that it is a watered down version of The Cyclists Bible for the over fifty set. I don't think so. The Cyclists Bible, which I also have, is focused for a different athletic group of cyclists and the content clearly reflects that. Cycling Past 50 is equally focused but for older cyclists. Friel's thesis that older cyclists should train differently is spot on, I think. This book will be helpful for those who are cycling past fifty and need good advice in order to reach their cycling goals, and/or to enjoy cycling all the more, which is why I bought this book-for the love of cycling. I really hate going to health clubs where I live, but often you have to lock me away from my bike to stop me from spinning off into the countryside. I cycle for the love of cycling. Cycling is not something I have to make myself do. On the contrary, I have to make myself not to overdo it, which this book is very helpful at helping me to do. Good cycling to all of you.

I'm a fit 51 year old that has worked out my entire life. Last year I did the Ride the Rockies, a grueling multi-day road bike tour through some of the most challenging terrain in Colorado. I followed the training recommended by tour and did fine, maybe in the top 30% of riders (passed 7 riders for every 3 that past me). A friend recommended this book which I used to modify my preparation for this year's ride... a much more difficult 535 mile ride with an average of 3,000 to 5,000 feet of climbing to do each of the 7 days. I had never followed a periodized training routine before, nor focused on several training techniques mentioned in the book like low heart rate training workouts to build pulmonary efficiency (or more accurately, low threshold workouts... read the book). In the months before the ride, my resting heart rate went from 62 to 48. The results during the ride were amazing. I blew past 99% of the riders and the same group of riders that did the ride with me last year, some on the same level some faster, could not even come close to keeping up with me. Everyone was asking what the heck I did. I pointed them all to this book which I followed

closely. In fact, there is so much information in this book which includes other terrific advice on nutritional fueling, etc., that I read it a second time with pen and paper in hand.

At 61 I have been cycling for about 3 years and tho' I love it I have had many falls and I was starting to wonder if I had unrealistic expectations about being able to cycle at my age. Joe Freil put all my misgivings to rest and I feel motivated and energized to persevere. Joe says that cycling into one's mature years is the best way to enjoy great quality of life long after your peers are reaching for their walkers and wheel chairs. Now my husband and I have much look forward to as we cycle together daily enjoying the natural beauty of God's amazing creation and I am getting stronger and stronger every day! Thanks Joe!

In some of the reviews others said that it wasn't for beginners. This book is for beginners or seasoned cyclists. Joe Friel goes into great detail to lay out plans for every level of cyclist. I am an ex-bodybuilder and I was surprised that weightlifting was included in the training. I have been cycling and racing for 2 years with no real guidance on the cycling training. I found, by reading this book, that I was not eating enough and it was hurting me on my cycling performance. After owning this book for about 3 weeks I have read it twice now. I used a yellow highlighter to help pick out all the training steps and phases and the useful information that pertains to each phase. I have already laid out my plans for the next season. Joe gives plans for Road Cyclist, Mountain Cyclist and Tri Athletes. I can only say "BUY THIS BOOK". You will not be disappointed. I am buying the "Cyclist Training Bible" for my son. Great book and very knowledgeable author.

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