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The Lance Armstrong Performance Program: Seven Weeks to the Perfect Ride

Lance Armstrong, Chris Carmichael, Peter Joffre Nye

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A TRAINING PROGRAM SO SIMPLE, IT'S LIKE RIDING A BICYCLE...WITH THE BEST IN THE WORLD!

In 1999 the world watched spellbound as Lance Armstrong achieved one of the most dramatic comebacks in sports history, winning the grueling Tour de France just three years after being diagnosed with advanced testicular cancer. Lance's return road to glory took courage, determination, and a top-notch training program. Now Lance's winning strategies-- developed with coach Chris Carmichael-- can be yours, too! Whether you're a cycling novice or a competitive racer, *The Lance Armstrong Training Program* will teach you how to:

* find the right bike for your body
* know when to brake (only as a last resort!)
* corner, climb, and descend like a pro
* develop your explosive power to sprint
* incorporate cross-training into your schedule
* build necessary mental toughness...
* and much more!

Simple and focused, Lance's proven program will transform you into the rider you want to be-- in just seven weeks!

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