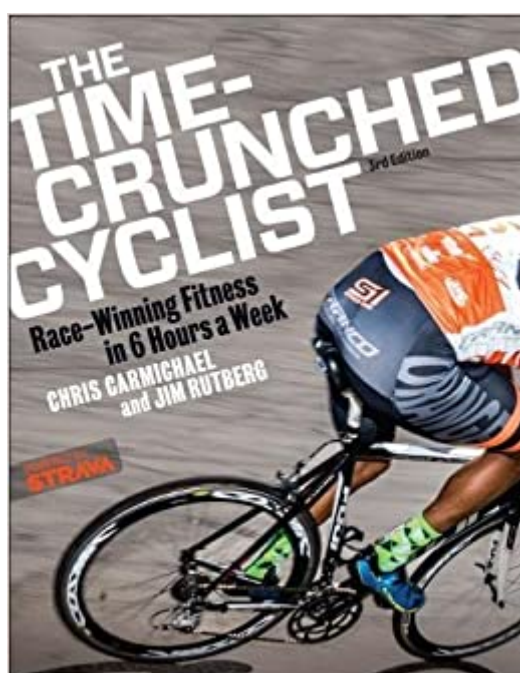


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# The Time-Crunched Cyclist: Race-Winning Fitness In 6 Hours A Week, 3rd Ed. (The Time-Crunched Athlete)



## Synopsis

The Time-Crunched Cyclist reveals the fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events. With elite cycling coach Chris Carmichael's™ innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Now powered by Strava, this updated third edition of The Time-Crunched Cyclist training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts, one segment at a time. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. So CTS developed a new approach—the Time-Crunched Training Program—to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. The Time-Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval training (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. Nine comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. The new Time-Crunched Training Plans cover: • New and Experienced plans for criteriums, road races, and cyclocross • New, Experienced, and Competitive plans for century rides and Gran Fondos • Gravel racing and ultraendurance mountain biking plans • Intermediate and Advanced plans for commuters This new, third edition integrates Strava, the popular ride tracking and analysis program. Powered by Strava, the Time-Crunched program becomes interactive, social, highly motivating—and focuses riders on the training data that matters most. It also adds the Time-Crunched Diet, a sports nutrition approach designed to help riders optimize their power-to-weight ratio with new guidelines on eating behaviors and delicious recipes from chefs Michael Chiarello and Matt Accarrino. A new chapter on hydration and managing heat stress will show athletes simple ways to avoid overheating that lead to better performance. The Time-Crunched Cyclist can help you capture your best performance—all in the time you have right now.

## Book Information

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## Customer Reviews

"Chris Carmichael's newest book, *The Time-Crunched Cyclist*, is worth a look for anyone with a real life." • PezCyclingNews.com "For those with tight schedules and real life demands, *The*

*Time-Crunched Cyclist* offers an alternative to hanging up the bike in frustration." •

DailyPeloton.com "It's very hard: a) to put this book down and b) not to pick up a useful amount of beneficial knowledge from it." • TheWashingMachinePost.net "With the training plans, nutritional

information, case studies, race and ride tips, success stories and more, *The Time Crunched Cyclist* certainly gave me new hope that I would be able to train well to truly enjoy the sport that I love. If

you are, like me, a cyclist with too little free time on your hands, I would definitely recommend that you buy and read this book." • BikeWorldNews.com "A major overhaul from previous editionsâ |

Very well laid outâ | An easy read and expanded from 262 pages to 430 pagesâ | A good book with sound research and science that is made easy to understand. Any time-crunched cyclist can come up with their own plan to fit their schedule and have fun racing." •

CrossBikeReview.com "Carmichael explains superbly in the book how a training program which features shorter but higher intensity training coupled with good recovery periods can deliver spectacular results." • Roadcycling.co.nz

Now powered by the popular Strava social network for athletes, *The Time-Crunched Cyclist* reveals the fastestâ and most interactiveâ way to get fit for road racing, century rides, cyclocross, Gran Fondos, mountain bike events, and multi-day cycling tours.

Carmichael's writing is great. No nonsense and clear. A good balance of providing the science behind the advice and also just giving you the advice which you can implement into your own

training program. I enjoyed the chapters on diet, too. The section talking about a training plan for commuters was particularly useful to me, and not something I'd seen before.

If you want a easy to read guide on how to improve your cycling in a matter of weeks, this books is for you.

Good read

When you aren't a professional athlete with tons of time, Carmichael gets you ready in YOUR time. Would order again from seller!

great book my husband loves it

Best cycling book I've ever laid my hands on.

I am a cyclist in the target group. I just read most of the Kindle edition of this book and are a bit disappointed:- the tables are not really readable on the kindle- it turns around the same thing: high intensity spot efforts and recovery time- the authors does not stop to repeat himself over and over- he seriously recommends to take the car for commuting! for 5 to 10 km, what the heck is he thinking?- a lot of self promotion of his coaching business, should have been expected though! enjoyed the first parts explaining the impact of training to the body. This was very interesting, but for the training plans itself I can only highly recommend to purchase the paper version.

In this 3rd edition of their popular book, Chris Carmichael and Jim Rutberg provide the latest research supporting their training for time-crunched cyclists. About 15 years ago, the authors noticed that athletes were not getting expected results. They were making some progress, but "the gains were more difficult to come by." Why was this happening? "The problem was time. . . The common factor shared by athletes who were experiencing sub-par results from their coaching programs was a lack of training time."Traditional approaches call for long training sessions--but that leaves out athletes not having that time: "Superior performance in cycling and other endurance sports was out of reach for time crunched athletes." In the past, you needed 10 hours a week minimum, but "I don't have that kind of time anymore, and neither do a lot of the athletes who come to CTS."Here's the key to this type of regimen: High intensity, but shorter: "Over the past

10 years, studies have continued to show that short, high-intensity sprint efforts yield physiological adaptations similar to those expected from traditional endurance training. "Your training helps drive adaptations. "You won't be completely recovered from one effort before it's time to begin the next, and that's the point. The efforts will generate a lot of lactate, and your body will be working to process it, but starting your next high-power effort while your lactate levels are still elevated helps drive the necessary adaptations." These shorter workouts have a trade-off. Since time is limited, "intensity is the key to performance." The workouts are short, but very hard. "You will be performing some efforts just below your lactate threshold power output and some right at it, but many efforts will be much more difficult, at maximum intensity." The authors suggest, and give recommendations on buying, a "Power Meter." "Your power meter provides a detailed record of every ride, with heart rate, power output, speed, and cadence information." They also mention how to use heart rate, instead, as many cyclists will not want to spend hundreds of dollars for the meter. A few cautions: The authors point out that you must let your body recover after the several month training program: "You will gain fitness and power rapidly, and you will be able to have a lot of fun with it while it lasts, but 10 to 12 weeks after you start the program, you'll have to back off and recover." I thought the scientific details were pretty complicated, but the workouts in the book are simple. That is exactly what they intended: "Training isn't that complicated, and it shouldn't take an advanced degree or a spreadsheet to understand what you need to do on the bike. Furthermore, simplicity is exactly what time-crunched athletes need." I found the discussions of weight loss and nutrition particularly interesting. If you simply don't have more time to train, what else can you do? "The answer is staring you in the full-length mirror every day: You have to optimize weight." However, for a seasoned athlete, weight loss will probably be limited by "diminishing returns." In other words, you're already pretty lean, and there isn't much room for much improvement. Besides the cycling exercises, there is also a chapter on strength training. "If you want to keep your metabolism elevated, you need to focus on building or at least maintaining lean muscle mass. Cycling may help you maintain or build leg muscle, but it doesn't do much for the rest of your body." All in all, I found THE TIME-CRUNCHED CYCLIST to be a credible, proven approach. I was a little bewildered by the long sections on anatomy, but probably other readers will appreciate this level of detail. The book is filled with numerous case studies, describing athletes using different types of programs. Some of the case studies describe serious problems, such as what happened to one racer without proper hydration or heat protection. The end of the book contains extensive references and recommended reading. For another perspective on high intensity interval training as applied to other sports, I found this book to

be excellent:Â The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter.Advance Review Copy courtesy of the publisher.

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