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that matters most.

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Throughout the Time-Crunched
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against traditional base

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training because it is incompatible with the busy lifestyles of so many athletes. Traditional low-intensity base training works, but very few full-time working parents can increase training time to

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12-20 hours/week for 2-3
months.

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December 21, 2011 September
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dropped it off for me to

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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.

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Crunched Athlete) Chris Carmichael. 4.6 out of 5 stars 58. Paperback. £13.73. Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, and Powerful in 6 Hours a Week (Time-Crunched Athlete) Chris Carmichael.

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The Time-crunched Cyclist:
Fit, Fast and Powerful in 6

...

This revised and expanded
third edition is longer
still because I've added
material to address readers'

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requests and to include new areas of sports science and nutrition that impact a time-crunched cyclist's performance. To help you move through the content more quickly, the book is divided into four parts.

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