

A photograph of Lance Armstrong in a yellow cycling jersey, wearing a black and yellow helmet, leaning forward on his bicycle. The jersey has various sponsor logos, including 'NIKE', 'ASTRO', and 'CREDIT AGRICOLE'. The background is plain white.

**THE TRAINING,  
STRENGTHENING,  
AND EATING PLAN  
BEHIND THE  
WORLD'S GREATEST  
CYCLING VICTORY**

**7  
WEEKS  
TO THE  
PERFECT  
RIDE**

**UPDATED: NOW TRAIN USING HEART RATE AND POWER OUTPUT**

**THE  
LANCE  
ARMSTRONG  
PERFORMANCE PROGRAM**

**BY LANCE ARMSTRONG AND CHRIS CARMICHAEL**  
coach to Lance Armstrong and a U.S. Olympic Committee Coach of the Year,  
WITH PETER JOFFRE NYE

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Lance Armstrong

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



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A TRAINING PROGRAM SO Basic, IT'S Want RIDING A BICYCLE...WITH THE BEST IN THE Globe!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 3 years after being identified as having advanced testicular cancer. Lance's return road to glory had taken courage, dedication, and a top-notch training curriculum.)\* corner, climb, and descend just like a pro\* develop your explosive power to sprint\* incorporate cross-schooling into your timetable\* build required mental toughness. Whether you're a cycling novice or a competitive racer, The Lance Armstrong TRAINING CURRICULUM will coach you how to:\* find the appropriate bicycle for your body\* know when to brake (only as a final resort! Right now Lance's winning strategies-- developed with trainer Chris Carmichael-- could be yours, too!\* and much more!..Simple and focused, Lance's proven program can transform you in to the rider you want to be-- in only seven weeks!



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Great Plan for the Beginner I purchased this reserve while re-training for my first time of year of snowboarding since breaking my leg several months ago. I thought we would focus on a cycling system when I realized that the muscles I must say i needed to develop were the same ones utilized by devoted cyclists. It's easy to read, but I would stress that this is obviously geared more towards a beginning cyclist who's just looking for an easy-to-follow system. This publication was the basic one I started with. I was rather stunned to think that THIS was what Lance was doing for schooling. The book reads just like a motivational biography with important fitness and cycling information spaced throughout. As a result I purchased this reserve in hopes of getting an excellent fitness routine that could get me back on my board ASAP and I haven't been disappointed however. Along the way, you learn a whole lot about Lance, and you may actually get to the stage where you can recognize with him and experience motivated by his encounters. I recommend this book for any beginning cyclist or individual thinking about both anaerobic and aerobic stamina training. It's a shame he destroyed his status with the doping . Anyone who thinks that huffing and puffing until your thighs throb and burn off is the method to grow stronger, will probably be outraged by this publication. What Lance has proved beyond all doubt by his fitness level is that the key to growing your aerobic limit is to stay within it. It's a shame he destroyed his status with the doping, but this reserve is about training. Lance pushed the cycling training envelope and the technology of building a bike. I personally went through this advanced training program on 2 events and it works. Of all the sports I played (mainly team sports), cycling is the only one where I taken notice of my heart, kept daily information and monitored my progress. This program is perfect for beginners, or anyone who's just looking to get an idea of how to begin a good program that can be preserved and adjusted to your fitness level. This book will NOT be liked. This just might be the very best book ever written on cycling. The issue can be, Armstrong and Carmichael have exposed one of cycling's darkest, dirtiest little secrets: we all overtrain. In simple, apparent terms, thankfully absent the mind-numbing information on various other cycling books, Armstrong and Carmichael destroy the myth that training harder means heading faster.. "How can you become stronger when it does not experience like you will work out? I am expecting further improvement in the coming weeks.", they will question. In a book that addresses every aspect of cycling important to a rider, Armstrong and Carmichael lay out is a program for riding slower and riding less, but getting power and fitness you cannot reach the old fashion method of continually pushing beyond your aerobic limit.. Your investment burn: if you burn off you are lactating and if you do so each and every time you trip then you are loosing fitness, not really gaining it... But his now open top secret is safe, since it contradicts decades of schooling practice, so it is doubtful his opponents use and capitalize onto it.. Great reserve! I have been cycling for 20+ years . We could have viewed him perform for a long time and never guessed his secret. It is a wonder that they decided to publish this publication before Armstrong retires. Great reserve! I have already been cycling for 20+ years and have learned a good deal about over schooling. This book can help you train smarter, not harder and you will notice an increased overall average speed in addition to endurance.. I could see improvement after couple of weeks following 7 week training system. Allez dopage! How do anyone reach ultimate fitness unless they pedal until it hurts? Misleading I purchased this book years ago and go through it once, after which it went directly onto the bookshelf where it has remained since. Listening to my own body and taking my rest heartrate in the morning helps me to determine how much must i push myself down the road training or just have a rest for the day.. All of the chapters on skills improvement helps in enhancing my riding and handling skills. Just forgot the part that orders you to use EPO. I will recommend this

reserve to individuals who want to enjoy a new level of program in a cycling life. Fundamentals of Riding Great book... Beginners or novice cyclers This is a great book for those wanting to enhance their cycling, whether a beginner or a novice. A lot of great suggestions and information on exercises and cycling generally. No, his trainer really was Michele Ferrari, with his PEDs and hematocrit spinner! Five Stars Great item!! I love it!! My riding typical speed improved from 16mph to 19mph on a single route. excellent. Besides that it has some good tips on teaching. You may not be considered a world-course rider, but this is certainly a world-class book that will advantage any rider who applies its lessons. Also got to supply the credit to the recovery, weight training and eating suggestions. Lowering my excess weight to the perfect Body Mass Index also help. Why? Because it was so simplistic concerning be virtually worthless. The book is filled with anecdotes on Lance and Chris, much of which are unnecessary, but they make for easy reading. Well, in time, we all discovered the reality: this WASN'T what Lance was doing for training. One Star Generic info for beginners who wish to get more serious. Missing chapters Where will be the chapters on cheating, fraud, and secret drug injections? Lance knew he couldn't earn without his cheating medication EPO, so he built a lifestyle of lies. Not really a hero, unless you're his drug dealer.



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