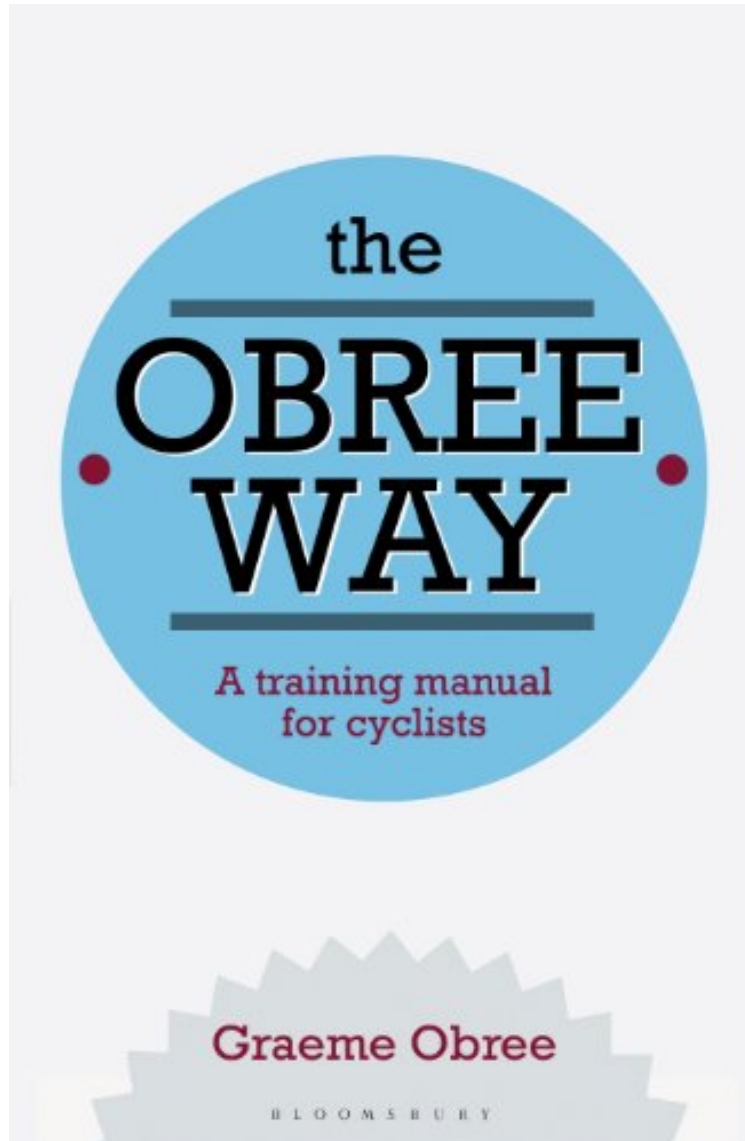


The Obree Way

Von Graeme Obree

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Von Graeme Obree : The Obree Way before purchasing it in order to gage whether or not it would be worth my time, and all praised The Obree Way:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. not bad butVon Road Runnerif you look for real tips for yourself to get faster, this book is not really recommended. You are reading and reading and nothing comes up. Only 3 things which are interesting, rest is interesting to read, but not

really something you can work with. Sorry. But I like Obree as a sportman with different thinking

Kurzbeschreibung With a bike, a turbo trainer and the right advice, you can beat anyone. No one but Graeme Obree has the clarity of vision to get to the heart of the 'problem' of how to improve as a racing cyclist. His innovative approach took him to the top of world cycling, twice breaking the world hour record a story picked up in his Hollywood biopic *The Flying Scotsman*. It can draw the same outstanding athletic performance from you. The Obree Way side-steps conventional wisdom and strips cycling back to its elements, always asking the question: 'What actually improves my race time?' This is no routine training programme. Written in a conversational style, the book explains Graeme Obree's radical insights into technique, training, psychology and diet, and the clear logic behind them. At last, the best kept secret in cycling, the Obree three-phase breathing technique, is revealed in detail, getting more oxygen to your blood with less effort. Graeme Obree's training methods really work the man is living proof. He believes that resting is key to training, that you can pedal, stretch and breathe more effectively and that, if you really want it, you can find the will and intensity to improve. Get on your bike!

Pressestimmen This is no routine training programme ---- it explains Obree's radical insights into technique, training, psychology and diet, and the clear logic behind them. * The Guardian * Graeme Obree is genius in the true sense of the word. * Sir Chris Hoy, multiple Olympic cycling champion * Remarkable and readable... the training manual is classic Obree. * Scotland on Sunday * Kurzbeschreibung With a bike, a turbo trainer and the right advice, you can beat anyone. No one but Graeme Obree has the clarity of vision to get to the heart of the 'problem' of how to improve as a racing cyclist. His innovative approach took him to the top of world cycling, twice breaking the world hour record a story picked up in his Hollywood biopic *The Flying Scotsman*. It can draw the same outstanding athletic performance from you. The Obree Way side-steps conventional wisdom and strips cycling back to its elements, always asking the question: 'What actually improves my race time?' This is no routine training programme. Written in a conversational style, the book explains Graeme Obree's radical insights into technique, training, psychology and diet, and the clear logic behind them. At last, the best kept secret in cycling, the Obree three-phase breathing technique, is revealed in detail, getting more oxygen to your blood with less effort. Graeme Obree's training methods really work the man is living proof. He believes that resting is key to training, that you can pedal, stretch and breathe more effectively and that, if you really want it, you can find the will and intensity to improve. Get on your bike!