



Bicycling Maximum Overload for Cyclists: A Radical Strength-Based Program for Improved Speed and Endurance in Half the Time

By Jacques DeVore, Roy M. Wallack

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Bicycling Maximum Overload for Cyclists: A Radical Strength-Based Program for Improved Speed and Endurance in Half the Time By Jacques DeVore, Roy M. Wallack

Bicycling Maximum Overload for Cyclists is a radical strength-based training program aimed at increasing cycling speed, athletic longevity, and overall health in half the training time. Rather than improving endurance by riding longer distances, you'll learn how to do it by reducing your riding time and adding heavy strength and power training. Traditionally cyclists and endurance athletes have avoided strength and power training, believing that the extra muscle weight will slow them down, but authors Jacques DeVore and Roy M. Wallack show that exactly the opposite is true.

The Maximum Overload program uses weightlifting to create sustainable power and improved speed while drastically reducing training time and eliminating the dreaded deterioration that often occurs during the second half of a ride. A 40-minute Maximum Overload workout, done once or twice a week, can replace a long day in the saddle and lead to even better results.

This comprehensive program includes unique takes on diet, interval training, hard and easy training, and sustainable power. Backed by the most trusted authority in the sport, *Bicycling Maximum Overload for Cyclists* is a book that no cyclist should be without.

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Editorial Review

Review

“Maximum Overload training played a key role in my new world record.”

?**Denise Mueller**, 147.7 mph

“Few people, if any, spend more time studying power or know more about developing and increasing power in athletes than Jacques DeVore. If you are looking to improve your performance in any sport, you owe it to yourself to read this book.”

?**Mark Sisson**, author of *The Primal Blueprint* and publisher of MarksDailyApple.com

About the Author

Jacques DeVore is the founder of the Sirens & Titans Training Centers in West Los Angeles and Santa Barbara, a Certified Strength & Conditioning Specialist, and licensed as an expert USA Cycling Coach. DeVore is the creator of the Maximum Overload training plan. DeVore has successfully trained hundreds of cyclists and triathletes with this program, including pro rider Dave Zabriskie. He lives in Los Angeles and Santa Barbara, CA.

Roy M. Wallack is a fitness columnist at the *Los Angeles Times*, has freelanced for *Outside*, *Men's Journal*, *Bicycling*, *Runner's World*, and *Competitor*, among other publications. He the author of seven books including *Bike for Life*, *The Traveling Cyclist*, and *Barefoot Running Step-by-Step*. Wallack is also an endurance athlete and has competed in some of the most difficult athletic challenges on earth including the 750-mile Paris-Brest-Paris ride, and the Badwater Ultramarathon across California's Death Valley. He lives in Irvine, CA.

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