

## Get Fast By Selene Yeager

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Conquer Hills, Get Lean, and Elevate Every Ride Drop pounds (and your rivals!), get fast, put more power in your pedals, and gain know-how that will make even the hardest hills feel faster. Bicycling fitness columnist Selene Yeager has experienced and enjoyed the transformative power of climbing-and she has made

it much of her life's work to learn the secrets to riding uphill.

### **Bing: Get Fast By Selene Yeager**

Get Fast! Plyometric Moves. Selene Yeager posted this on January 7, 2016. May 18, 2016. Plyometric moves work beautifully for building power, snap, and muscular efficiency, which translates to just about every sport you do, including traditional endurance sports like running and cycling. Fitness Videos.

### **Get Fast! - Selene Yeager - Häftad (9781609618315) | Bokus**

In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapter. Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride.

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## **[Get Fast!: A Complete Guide to Gaining Speed Wherever You**

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Get Fast! is the cyclist's go-to guide for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand-alone chapters on fitness and weight loss, stretching, nutrition and supplementation, motivation, and mental attitude.

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### **Selene Yeager - [amazon.com](https://www.amazon.com/selene-yeager)**

Official website of Bicycling Magazine's FitChick, Selene Yeager. An active author, athlete and training coach, this is a collection of her published work. Selene Yeager

Author and Athlete. Selene Yeager. ... Get Fast! Plyometric Moves. January 7, 2016 May 18, 2016.

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### **Official Website of 'Fit Chick' Selene Yeager**

Get Fast! : A Complete Guide to Gaining Speed Wherever You Ride by Selene Yeager. Potter/Ten Speed/Harmony/Rodale, 2013. Paperback. Acceptable.

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Get Fast! | Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride. Get Fast!

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About Get Fast! Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride. Get Fast! is the cyclist's go-to guide for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand-alone ...

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### **Books | Selene Yeager**

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