

# Handbook of Sports Medicine and Science Road Cycling

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## BOOK DETAILS

- Author :
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## BOOK SYNOPSIS

The fourth volume in this acclaimed series, Road Cycling concentrates on the techniques of conditioning, road cycling biomechanics, nutrition and hydration, trauma, and the various medical problems encountered by the competitive road cyclist. Edited by two of the worlds leading authorities, this new book draws together expertise from contributors from The Netherlands, Italy, and the United States to present an authoritative reference for all those actively involved in the sport.

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