



Book Review

Cyclosporitive +

preparing for and taking part on long-distance cycling challenges

By Chris Sidwells

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Price **£19.99**

This book is a training manual that addresses the specific demands of taking part in cyclosporitives. It takes beginners through the basics, from what bike to buy and how to care for it to riding technique. There are sections on clothing and equipment too. The book then presents an easy to follow training schedule for that all-important first event.

The book's strength is the way it analyses the specific demands of riding cyclosporitives, both physically and mentally, and comes up with training, planning, technique and nutrition strategies designed to meet those demands. Once basic training is in place the reader is encouraged to develop personal schedules using tried and tested training sessions.

There are numerous case histories where cyclists, from those new to sportive to seasoned pro racers, share their experiences about training and about taking part in sportives. There are also a number of basic facts of cycling highlighted throughout the book, which when you read them are obvious but they often get forgotten so are worth emphasising.

The book is littered with specific sportive tips from top professional cyclists, coaches and other specialists, and it melds together some basic time-honoured tenets of training while introducing the reader to the latest thinking in sports science. It is well illustrated with large colour photographs, some of which are arranged in sequence to illustrate techniques in the text.

Cyclosporitive isn't a general training manual, it's written specifically for sportive riders. It will make your first event easier and an enjoyable experiences, while at the same time offering those who want to improve their times cast-iron ways of doing so. Publication date is October 2011 and it will be available from Amazon and other on-line retailers as well as in all good book shops.