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YOUR 12-WEEK GUIDE TO CYCLING



IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to Cycling, Paul Cowcher, Daniel Ford, Your 12-week Guide to Cycling offers an achievable step-by-step guide to help get an unfit person to a definable goal - a 25 km race in 12 weeks. The book outlines how to get started, what's needed and how to take that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a...

Read PDF Your 12-week Guide to Cycling

- Authored by Paul Cowcher, Daniel Ford
- Released at -

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