



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

*Roy Wallack , Jacques DeVore*

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*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.

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

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# **From Reader Review *Bicycling Maximum Overload for Cyclists: A Radical Strength-Based Program for Improved Speed and Endurance in Half the Time* for online ebook**

## **David says**

Excellent ideas.

The book is difficult to read. The main ideas are interspersed throughout several chapters, and there's no summary of "here's what to do." That would have been most helpful for a book outlining a training program of this complexity.

Weak on supporting data. The plural of anecdote is not data.

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## **Ryan says**

Hard to follow. Left with more questions than answers

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## **Dave Palmer says**

An interesting training concept - one that I will try - but it is not presented as cleanly as it could have been. The hard information about the exercises and workouts is buried in rabid sales pitches and testimonial-style anecdotes, which get rather tiring. But if you have the patience to filter out that stuff, the core ideas will be of interest to cyclists looking to improve their performance.

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## **Gwendolyn Carter says**

### **Well Researched and Good Examples**

The concept is well explained, if a bit repetitive. Backed by solid science, the book motivates a rider to give Max Overload a try for all the right reasons. I'd like to see a chart or graphic showing the plan outline.

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## **Bikewriter says**

Insightful and helpful book for the cyclist.

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## **Martin Jones says**

Starting with the premise that it's OK for cyclists to lift weights, the authors present a hodgepodge of cross-fit, paleo, and mobility exercises topped off with some new acronyms to justify the price of the book. Not to say that there are not valid ideas - I just needed to sift through a bunch of motivational talk and anecdotes to find them.

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