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# Prepare To Pin It: A Smart Approach To Mountain Bike Fitness (Lee Likes Bikes Training Series) (Volume 2)



## Synopsis

**PREPARE TO PIN IT:** A smart approach to mountain bike fitness A 12-week program perfect for:  
• Trail riders • XC and endurance racers • Enduro and downhill racers • Everyone who wants to minimize training time and maximize fun Including: The one bike workout all MTBers should do! By Lee McCormack With Lester Pardoe, Coaching Specialist, Boulder Center for Sports Medicine

## Book Information

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Average Customer Review: 4.2 out of 5 stars • See all reviews (5 customer reviews)

Best Sellers Rank: #1,139,270 in Books (See Top 100 in Books) #78 in Books > Sports & Outdoors > Individual Sports > Cycling > Mountain Biking #15600 in Books > Sports & Outdoors > Outdoor Recreation

## Customer Reviews

I'm following the "pinner" program and will do "turbo" next season. All my times are getting faster. The key is calculating and working with your lactate threshold. This stuff can get complicated (I have Joe Friel's book too which sometimes makes my eyes glaze over) but Lee makes it easy to understand and implement. Also, make sure you are fit and able to do these workouts as they are hard. What, you thought getting stronger was going to be easy? All of the "workouts" are flexible and open to adjustment. Options are presented throughout depending on what kind of riding you do and what you're looking for. Want to ride a trainer? Cool, no problem. Want to do your training on the trails? Cool, no problem. These simple, easy to follow training programs seem to be based on good science as much of what I've read here dovetails with other information I've found online about training zones, heart rate and power. Easy to read too! Honestly I feel like I have a personal coach, especially when combined with Lee's other books and stuff available on his website and YouTube. I'm impressed enough that I'm going to look into Lee's virtual coaching program.

Very good book. No real fluff, gets right to the point. Numerous training schedules that align to many different riding disciplines including XC, Enduro, and DH. Affordable advice that's easy to follow and helps you get results!

Terrific book- it gets to the heart of training (pun intended) the explanations are clear about why interval training works and the importance of rest and low stress rides. Especially good for mountain bikers who like to push the edges---this book will make you stronger so you can!!!

I really liked this book and the way it was written. He uses fun analogies and really covers all the riding essentials from beginner to pro

tiny book for read and leading.

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