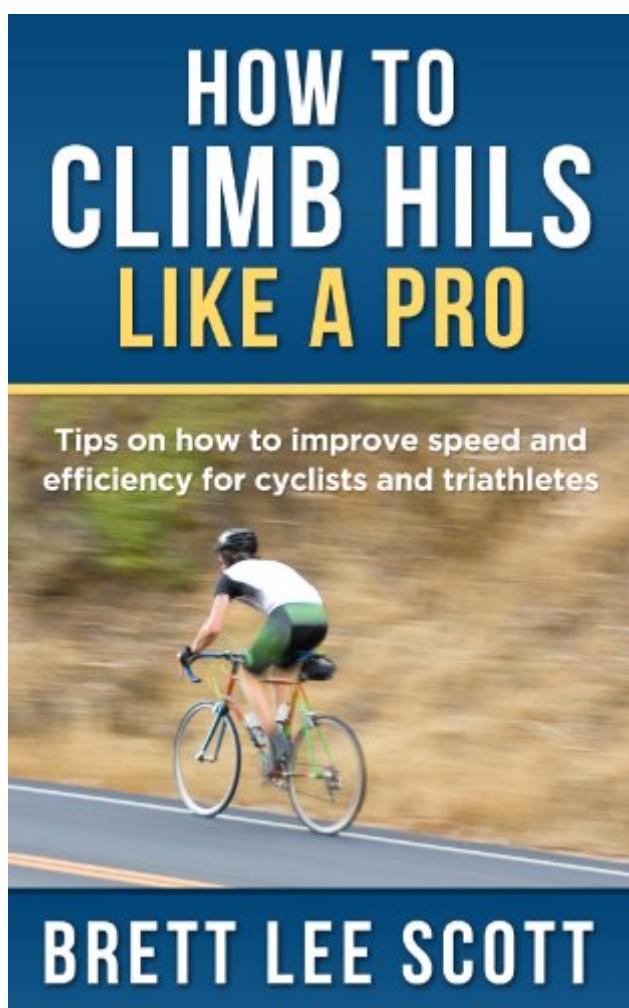


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# How To Climb Hills Like A Pro: Tips On How To Improve Speed And Efficiency For Triathletes And Cyclists (Iron Training Tips)



## Synopsis

Are you ready for the hills? Are you a cyclist or a triathlete who wants to improve on your hill climbs? Are you strong on the flats but get dropped like a stone as soon as you hit the mountains? Learn the Art and Science of Hill Climbing. Hill climbing is both an art and a science. You don't have to be a skinny mountain goat like Alberto Contador. Good hill climbers come in all shapes and sizes. What they share in common, though, is their knowledge of how to climb a hill. Good hill climbers know which gears to use. They know when to stand and when to sit. They know when to go easy and when to put the hammer down. The good news is that you, too, can learn how they climb hills by reading this book. Learn to climb hills with Coach Brett. Brett Lee Scott is an accomplished Ironman triathlete and ex pro cyclist. He's climbed some of the world's toughest climbs like Angliru and Mont Ventoux. He's also a coach, so he's used to sharing his expertise with both pro and amateur athletes. You can download the art and science of hill climbing in this concise guide. What's Inside "How to Climb Hills Like a Pro"?\* (NEW) How to set up your bike to climb hills\* (NEW) How to pace yourself on hill climbs \* How to select and change gears during climbs\* Optimum hill climbing cadence\* Optimum pedal position\* How to select and change body position\* How to conserve and manage energy during climbs\* How to crest a hill\* The rule of 3rds for maximum climbing efficiency\* And more! Plus 4 Hill Climbing Workouts. Brett Lee Scott provides 4 recommended workouts to help you improve time and efficiency on climbs beyond time in the saddle.

## Book Information

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## **Customer Reviews**

This book is for serious racers or competitive cyclists. As an endurance cyclist in Colorado looking for tips climbing the passes here, the book was not terribly helpful. Many of the passes here are 20+ miles in length, so having energy to power over the top ahead of the competition was not particularly helpful guidance. Perhaps for racers this book would be of greater benefit.

This would be a good book for a beginner. If you have any experience, it's way too simple. The number of typos is distracting. The number of times he repeats is a bit distracting as well.

Used to weight 152 kg now with 108 kg I am really like cycling and want to be a better cyclist. I suffer with climbs and I am far from being a pro or racer yet I want to be a "pro amateur". This is a very short book but a treasure chest of information. The 5th star would be there if there was more tips for the average cyclist. Worth read!

I am a beginner or maybe it would be more accurate to say that I am a recreational triathlete. I have my 4th triathlon coming up in 2 months and want to improve. I had 2 big take aways from this book: ride more often and divide hills mentally into 3rds. I took 2 minutes off my 14 mile ride today. I am excited about that!

Very practical and easy to understand. I will read several times for best results for my training. I will look forward for more of editor's books

Not so much new, and as others reviewers said, very badly written/edited. But, for this price it's ok.

Too basic

Some rough sentences and ambiguous techniques descriptions too. Still, it's a quick read with

enough detail to get you started experimenting with what will work for you on the mountains.

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