



## The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete)

By Chris Carmichael, Jim Rutberg

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### **The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete)** By Chris Carmichael, Jim Rutberg

*The Time-Crunched Cyclist* reveals the fastest way to get fit for road racing, century rides, cyclocross, Gran Fondos, mountain bike events, and multi-day cycling tours. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week.

Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. Carmichael Training Systems developed a new approach--the Time-Crunched Training Program--to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods.

*The Time-Crunched Cyclist* shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. 8 comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events.

New programs for this second edition bring cyclists up to speed for cyclocross racing, mountain bike endurance rides, and show bicycle commuters how to turn their twice-a-day rides into effective time-crunched workouts.

*The Time-Crunched Cyclist* will help former racers, bicycle commuters, cyclocross fans, and mountain bikers capture their best performance--all in the time they have right now.

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### Editorial Review

#### Review

"For those with tight schedules and real life demands, *The Time-Crunched Cyclist* offers an alternative to hanging up the bike in frustration." -- **DailyPeloton.com**

"Chris Carmichael's newest book, *The Time-Crunched Cyclist*, is worth a look for anyone with a real life." -- **PezCyclingNews.com**

"It's very hard: a) to put this book down and b) not to pick up a useful amount of beneficial knowledge from it." -- **TheWashingMachinePost.net**

"With the training plans, nutritional information, case studies, race and ride tips, success stories and more, *The Time-Crunched Cyclist* certainly gave me new hope that I would be able to train well to truly enjoy the sport that I love. If you are, like me, a cyclist with too little free time on your hands, I would definitely recommend that you buy and read this book." -- **BikeWorldNews.com**

"Carmichael explains superbly in the book how a training program which features shorter but higher intensity training coupled with good recovery periods can deliver spectacular results." -- **Roadcycling.co.nz**

#### From the Back Cover

##### Get Fit in Less Time

If you love cycling but are running out of time to train for it, "The Time-Crunched Cyclist" can return you to the front of the pack in six hours a week. That's right: Six hours a week is all you need to build competitive fitness and regain race-winning form.

Chris Carmichael's revolutionary high-intensity, low-volume training program will fit your lifestyle and support your goals. Proven among thousands of cyclists worldwide, "The Time-Crunched Cyclist" will help you: Push the pace in your local group ride  
Get top results in your regional race series  
Prepare for a demanding Gran Fondo, charity ride, or century  
Build endurance for challenging multiday events  
Whether you are a former racer, a commuter building fitness every day, a cyclocrosser making the most of a short race season, or a mountain biker eyeing an ambitious endurance race, "The Time-Crunched Cyclist" will help you capture your best performance--all in the time you have right now. Give yourself 6 hours a week and take back the fitness that's rightfully yours.

#### About the Author

**Chris Carmichael was an Olympian and a professional cyclist before beginning his career as a coach, best-selling author, and entrepreneur.** He has coached elite cyclists since 1990, was recognized as the U.S. Olympic Committee Coach of the Year, and was inducted into the U.S. Bicycling Hall of Fame in 2003. He served as the men's road coach for the U.S. Olympic Cycling Team during the 1992 Olympic Games, and was the head coach for the U.S. Cycling Team for the 1996 Olympic Games. Carmichael founded Carmichael Training Systems (CTS) in 2000 to make world-class coaching expertise available to everyone.

Through Chris's leadership and an unsurpassed education program that develops the highest-trained coaches in the industry, CTS immediately established itself as the premier destination for personal fitness, nutrition, and performance coaching and camps. CTS's proven track record for producing champions continues to attract top amateur and professional athletes, including Ironman® world champions Craig Alexander, Tim DeBoom, and Normann Stadler; Olympic triathlon gold and silver medalist Simon Whitfield; NASCAR drivers Carl Edwards and Bobby Labonte; five-time U.S. national cyclocross champion Katie Compton; and two-time cyclocross national champion Ryan Trebon. In addition, Chris has created more than a dozen training DVDs and authored five books, including *The Ultimate Ride*, the *New York Times* bestseller *Chris Carmichael's Food for Fitness*, and *5 Essentials for a Winning Life*.

A native of Miami, Chris and his wife, Paige, live in Colorado Springs with their children Anna, Connor, and Vivian.

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