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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

Series: Lee Likes Bikes training series

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## Customer Reviews

Hi Lee, and I like bikes. Some things I've done: Wrote the books Mastering Mountain Bike Skills, Teaching Mountain Bike Skills, Pro BMX Skills, Welcome to Pump Track Nation, Pump Up the Base and Prepare to Pin It. As the skills development director for NICA, the national high school mountain bike league, I create the curriculum and teach it to riders, coaches and the coaches who teach coaches how to teach riders. I work with riders of all style and levels, from beginners to world champions. In a previous career, I was part of the team that won the 1997 Pulitzer Prize for Public Service. I honed my infographics skills at a daily newspaper. Between intervals and coaching sessions, I design technical and business systems. It's all about clarity, man.

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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Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books)  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books  
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