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Simon Burney**

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Page: 1/6 - Getting started, bike handling, course technique, training and Ian Field is a two-time national cyclo-cross champion and Great

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Velominati > training for 'cross

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The key skill in cyclocross is getting on and off you bike. This video shows you the proper technique that

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specific cyclo-cross techniques training: work on starts – banks – bends, restarts and bike carrying (or plank barrier jumps for the best cyclists).

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Simon burney - wikipedia

Simon Burney spent three years racing the professional cyclo-cross circuit before an injury forced him into team management. For the past twenty years, Burney

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by Adnan Kadir, Aeolus Endurance – Cyclocross is great training for cycling and in Last month, we covered the basics of cyclocross training and technique.

Technique tuesday: adam myerson's major training intervals for

In an earlier post, Adam Myerson laid out the perfect training week for cyclocross. Some of us, however, want to know the nitty-gritty details of

Mastering the fundamental cyclocross dismount and remount - cts

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Simon Burney is a veteran expert in the world of cyclocross and his book, Cyclocross Training and Technique, is the bible of weekend warriors everywhere.

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