



The Obree Way

By Graeme Obree



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With a bike, a turbo trainer and the right advice, you can beat anyone.

No one but Graeme Obree has the clarity of vision to get to the heart of the 'problem' of how to improve as a racing cyclist. His innovative approach took him to the top of world cycling, twice breaking the world hour record – a story picked up in his Hollywood biopic *The Flying Scotsman*. It can draw the same outstanding athletic performance from you.

The Obree Way side-steps conventional wisdom and strips cycling back to its elements, always asking the question: 'What actually improves my race time?' This is no routine training programme. Written in a conversational style, the book explains Graeme Obree's radical insights into technique, training, psychology and diet, and the clear logic behind them.

At last, the best kept secret in cycling, the Obree three-phase breathing technique, is revealed in detail, getting more oxygen to your blood with less effort. Graeme Obree's training methods really work – the man is living proof. He believes that resting is key to training, that you can pedal, stretch and breathe more effectively and that, if you really want it, you can find the will and intensity to improve. Get on your bike!

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The Obree Way By Graeme Obree Bibliography

- Sales Rank: #1441347 in Books
- Brand: imusti
- Published on: 2013-10-10
- Released on: 2013-10-10
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .40" w x 5.80" l, .85 pounds
- Binding: Paperback
- 176 pages

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Editorial Review

Review

Graeme is a genius in the true sense of the word. His uncanny ability to tackle problems from an angle that no-one else could have thought of, makes him a one-off. An original. He sees the world in a different way to us mere mortals and comes up with ideas and solutions which make you laugh, shake your head and say 'why didn't I think of that?!' -- Sir Chris Hoy, multiple Olympic cycling champion The Obree Way is a one stop shop for all cyclists particularly those with a new or renewed passion for the sport and contains a huge breadth and depth of knowledge and understanding - but is written for the layman or woman - like a novel, not jargon laden, not trying to sell new improved products...And the tips laid out in this book made him great. The knowledge here is extraordinary. -- John Beattie, broadcaster and former Scotland Rugby International and British and Irish Lion Remarkably readable... the training manual is classic Obree. Scotland on Sunday This is no routine training programme - it explains Obree's radical insights into technique, training, psychology and diet, and the clear logic behind them. The Guardian

About the Author

Graeme Obree has never held a driving license and commutes regularly on his bike complete with mudguards, racks and sometimes a trailer. He is a regular contributor to BBC Radio where his insights and analysis of track racing are revered by cycling fans. Having twice been the world hour record holder, he is currently training for an attempt at the world land-speed record on his home-made bike 'The Beastie'.

Users Review

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Reading a guide tends to be new life style in this era globalization. With studying you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can easily share their idea. Publications can also inspire a lot of people. Lots of author can inspire their reader with their story as well as their experience. Not only the storyplot that share in the books. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors these days always try to improve their expertise in writing, they also doing some analysis before they write to their book. One of them is this The Obree Way.

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