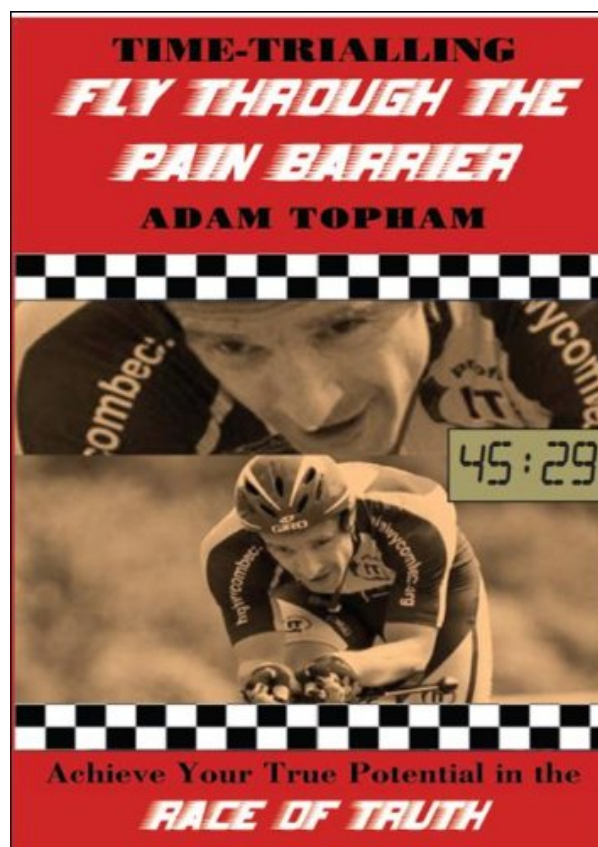
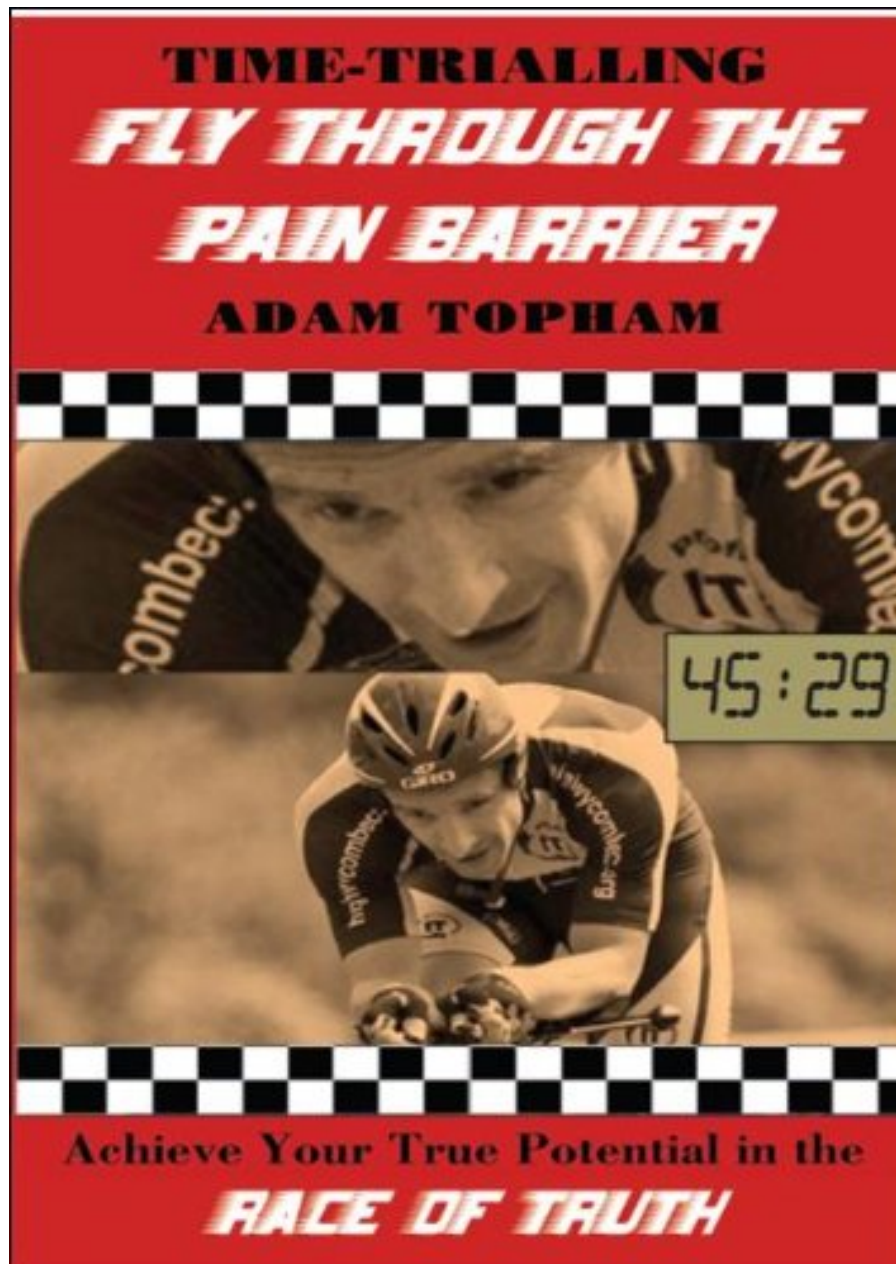


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The four fundamentals of flying are lift, drag, thrust and weight. Take away lift and you almost have Time Trialling. Reduce drag, increase thrust or power, reduce weight and you are on your way to learning how to fly on your bike! The fourth fundamental is pain! Just as insufficient lift will keep a plane from taking off, insufficient pain will keep a time triallist from truly flying.

Here is your fast track to all those little and not so little secrets your rivals don't want you to know about. Avoid the common mistakes and misconceptions that disrupt or limit the development of many riders. Avoid the expense and frustration of trial and ERROR! Read about how to get the most out of yourself and your equipment. Achieve your true potential. Fly through the pain barrier!

Author Bio

- Over 35 years of competitive sport in gymnastics, running, squash and time-trialling.
- Over 20 years of business and IT management and consulting experience.
- Author also of 'Dig Deepest!' Available here and at www.digdeapest.com
- In his mid-40's clocked 1:37:10 for a 50 mile TT (all ages 4th fastest all time in UK), 3:26:44 for a 100 mile TT (all ages 3rd fastest all time in UK), and 306.124 miles in a 12 hour TT (all ages 2nd fastest all time in UK).
- At 46 years old, is aiming to beat all of these in 2015.

Adam Topham is an amateur UK time-triallist, with a demanding full-time job and a family, who, amongst multiple national time-trialling medals, has won the highly prestigious British Best All-Rounder (BBAR) competition in 2012, 2013 and 2014. The BBAR is a national trophy, awarded for the rider with the fastest average speed across a 50 mile, a 100 mile and a 12 hour time-trial event, for the whole season. How did he win it? He trained his brain. He trained his body more... he tried harder... he dug deeper... maybe even deepest...

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great advice but it's hidden in the words

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