



Bradley Wiggins: My Hour

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One man, one bike, one hour. The inside story of Bradley Wiggins' record-breaking ride For 60 minutes this summer, the British public stopped what they were doing, switched on their radios, their TVs, refreshed their Twitter feeds and followed Bradley Wiggins' attempt to break one of sport's most gruelling records: The Hour. The premise is simple enough: how far can you cycle in one hour. But it is thought to be one of the toughest events an athlete can endure, both physically and psychologically. Eddy Merckx, cycling's uber-champ, called it the hardest thing he ever did. Wiggins, like many before him, discovered the unique pain of pushing yourself as hard as you can for 60 minutes. In this revealing book, Bradley Wiggins takes you behind the scenes of his record attempt. From planning to preparation, to training to execution, Bradley shares his thoughts on his sacrifices, his heroes, and the people who have supported him along the way as well as what's to come as he heads towards the twilight of his stellar career. Supported by stunning photography, My Hour is a fitting celebration of one of Britain's best-loved sportsmen in his finest hour.

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With this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become certainly one of it? It is just simple approach to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. One of many books in the top list in your reading list is definitely Bradley Wiggins: My Hour. This book that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking right up and review this book you can get many advantages.

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