

Cycling® WEEKLY

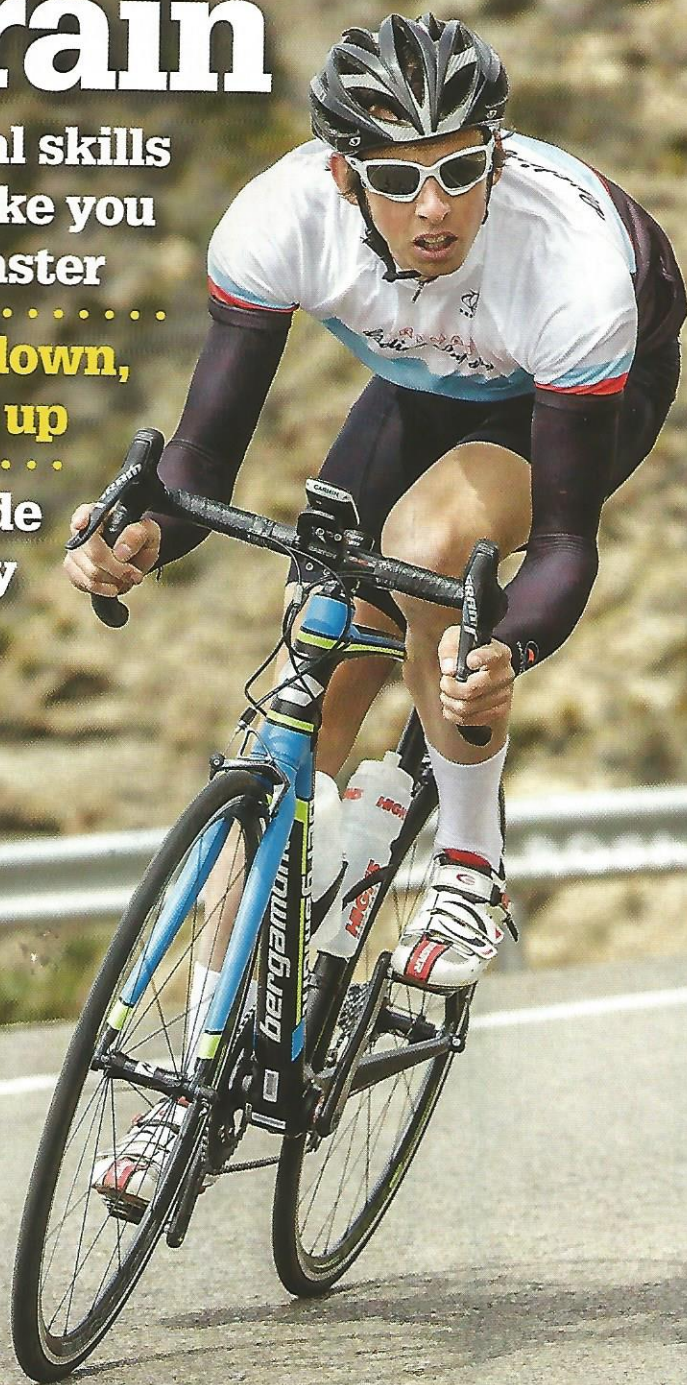
**GREAT
FITNESS
ADVICE**

Train your brain

Mental skills to make you ride faster

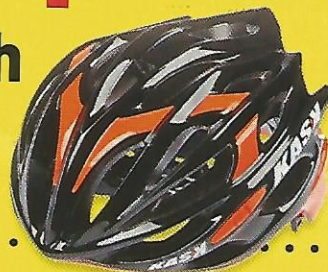
Gear down, speed up

Pre-ride energy recipe



Helmet group test

12 crash hats rated



London cyclists in pothole hell

Wiggo ready for Paris-Roubaix

Tour of Flanders
Cancellara scores again

