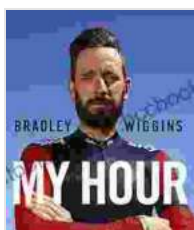


Bradley Wiggins: My Hour - The Inside Story of the World Hour Record

In June 2015, Bradley Wiggins became the first British rider to hold the world hour record. He covered a distance of 54.526km in one hour, breaking the previous record by 1,611m. My Hour is the inside story of Wiggins's record-breaking attempt.



Bradley Wiggins: My Hour by Bradley Wiggins

★★★★☆ 4.6 out of 5

Language : English
File size : 68790 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages



The Journey

The book charts Wiggins's journey from the initial idea to the moment he crossed the line, breaking the record. Along the way, Wiggins provides insights into his training, his mental preparation, and the challenges he faced.

Wiggins began training for the record attempt in October 2014. He worked with a team of experts to develop a training plan that would allow him to reach his peak performance on the day of the attempt. Wiggins also

underwent a series of mental preparation exercises to help him stay focused and motivated throughout the process.

The record attempt took place on June 7, 2015, at the Lee Valley VeloPark in London. Wiggins rode a specially designed bike and wore a skin suit that was designed to minimize drag. He paced himself carefully throughout the hour, and he crossed the line with a time of 54.526km. The record was broken by 1,611m.

The Challenges

Wiggins's record-breaking attempt was not without its challenges. He faced a number of setbacks during his training, including a crash that left him with a broken collarbone. He also had to deal with the pressure of expectation from the media and the public.

Despite the challenges, Wiggins remained focused on his goal. He worked through the setbacks and he never gave up on his dream of breaking the world hour record. His determination and perseverance paid off in the end, and he achieved his goal in style.

The Legacy

Bradley Wiggins's world hour record is a landmark achievement in British cycling. It is a testament to his hard work, dedication, and talent. The record is also an inspiration to others, showing that anything is possible if you set your mind to it.

My Hour is a must-read for any cycling fan or anyone interested in the pursuit of excellence. It is a fascinating account of Wiggins's journey to the

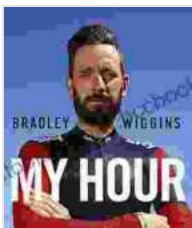
world hour record, and it provides valuable insights into the mind of a champion.

Reviews

"My Hour is a gripping account of Bradley Wiggins's record-breaking attempt. Wiggins provides insights into his training, his mental preparation, and the challenges he faced. The book is a must-read for any cycling fan." - The Guardian

"Bradley Wiggins is a true champion, and My Hour is a fascinating account of his journey to the world hour record. The book is full of insights into Wiggins's training, his mental preparation, and the challenges he faced. It is a must-read for any cycling fan." - The Telegraph

"My Hour is a beautifully written and inspiring book. Bradley Wiggins is a true role model, and his story is one that will stay with me for a long time." - The Independent



Bradley Wiggins: My Hour by Bradley Wiggins

★★★★☆ 4.6 out of 5

Language : English
File size : 68790 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages

FREE

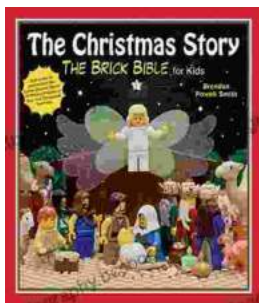
DOWNLOAD E-BOOK





Rediscover the Old Testament with a Captivating Graphic Novel

Prepare to embark on an extraordinary literary journey as you dive into the pages of Brick Bible Presents: New Spin on the Old Testament. This captivating graphic novel...



The Christmas Story: The Brick Bible for Kids

LEGO® Bricks Meet the Nativity Prepare your children for the magic of Christmas with The Brick Bible for Kids: The Christmas Story. This beloved...