

020 PART ONE.

KNOWLEDGE

- 023 **A Brief History**
- 027 **Disciplines**
- 027 **The Cross-Country Racer**
- 029 **The Trail Rider**
- 031 **The Downhiller**
- 033 **The Freerider**
- 035 **Equipment**
- 037 **Bike Set Up**
- 053 **Packing List**
- 055 **First Aid**
- 057 **Clothing**
- 063 **Maintenance**

064 PART TWO.

PREPARATION

- 066 **Training & Fitness**
- 067 **How To Train**
- 067 **Get To Know Yourself**
- 068 **Phases**
- 069 **Last Season's Hang Over**
- 071 **Back To Base**
- 072 **Building Strength**
- 074 **Get The Weight Right**
- 074 **Core**
- 075 **Specific Preparation**
- 076 **Reaching Your Peak**
- 076 **Flexibility**
- 076 **Nutrition**
- 079 **The basics**
- 081 **Fluids**



Andrew Taylor flying over Cape Town / Sven Martin

PART TWO.

PREPARATION

084	Carbohydrate
084	Fat
085	Protein
086	Psychology
087	It's Emotional
087	Motivate Me
088	Going for Goals
092	It's Not Just the Outcome
092	Performance Tuning
092	Process the Thoughts
093	Confidence, Confidence, Confidence
093	Start Small
093	Seeing and Hearing
095	Don't Doubt It

096 PART THREE.

PERFORMANCE

098	The Basics
099	Flow
103	Body Position
107	Pumping the Trail
112	The Wheelie
119	The Manual
123	The Bunny-Hop
128	On the Trail
129	Flat Corners
133	Berms
137	Drop-Offs
143	Off-Cambers
147	Roots
150	Switchbacks
155	Rocks



Seb Ramsey in the air at Ft Bill / Chris Ball

159	Flat Out Fast
163	Climbing
166	The North Shore

168 PART FOUR.**ADVANCED**

170	In the Air
172	Hitting the Lip
179	Big Gaps
183	Step Downs
187	Hip Jumps
191	Whips
195	Scrubs
198	Flips
205	Suicide
209	360s

210 PART FIVE.**BIG MOUNTAIN**

213	Back Country
215	Plan of Attack
217	Conditions
223	Snow and Ice

226 PART SIX.**SURVIVAL**

229	Crashing
233	Returning from Injury

236 PART SEVEN.**COMPETITION**

239	Hitting The Big Time
241	Before the Event
248	During the Event
250	After the Event
251	Secret to Success



Rowan Sorrell on the trail in Slovenia / Victor Lucas