



## Cadel Evans: Close to Flying

*Cadel Evans, Robert Arnold*

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## **Cadel Evans: Close to Flying** Cadel Evans, Robert Arnold

This is the personal story of a champion in the making. Physiologically Cadel Evans has the best numbers of any cyclist tested at the Australian Institute of Sport, the organisation that is behind Australia's super stars in international sport. He was considered to be potentially one of the world's best; and that's exactly what Cadel has become. Few noticed him in his first Tour de France when in the last week he was photographed on the final climb of the stage alongside the leaders Lance Armstrong and Ivan Basso. But he was determined to succeed, and that year he finished eighth. By 2006 he was fifth overall and in 2007 he lost to Alberto Contador by a mere 23 seconds. But who is this dedicated sportsman? And what has been his formula for success? Cadel was first noticed in 1994 when he rode to fifth position in a cross country race. Since his teens he has been a professional cyclist - half his life. He is a competitor who refuses to allow ego to dictate strategy. Today he receives a monthly program that sets out his schedule day-by-day. It outlines in intricate detail the required elements that are to be fulfilled: how many hours, what percentage should be spent at various heart rate thresholds, specific cadences, the length of time he should be climbing, and soon. Cadel's regime starts in November and will reach its end point in July. No matter what the weather the regime is followed to the letter. Everything is done with purpose even his diet. The daily routine is simple but rigid. Cadel Evans: Close to flying is the behind the scenes story of the extraordinary dedication and hard work it takes to reach the highest level of elite sport. Cadel gives us a glimpse of the physical and psychological tests that are required to be the best, whilst giving an illuminating and fascinating look at the Tour de France - the teams; the climbs; the politics and the opponents that make it the most renowned cycling race in the world

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