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Before becoming a physician, Sovndal raced road bikes in the United States, winning the California/Nevada District Championship and many other road races and criteriums. Sovndal is a

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Shannon Coombes is a coauthor of *Fitness Cycling* and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York, completed his residency at Stanford University in California, and now lives in Boulder, Colorado.

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Shannon Coyne is based in the United States, and has written two books on cycling (Cycling Anatomy and Fitness Cycling). He founded Thrive HFM (Health–Fitness–Medicine) in 2005, an elite-level training business through which he offers personalized and interactive sports training and wellness

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CYCLING ANATOMY - Fitness
Professionals

Sovndal has also worked at the
Clinical & Translational Research
Center at the University of Colorado as

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a staff physician, and was the team physician for the Garmin Professional Cycling Team, Slipstream Sports. He is the author of Cycling Anatomy, Fitness Cycling, and his new book, Fragile. He lives in Boulder, Colorado with his family.

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About | Dr. Shannon Sovndal

Sovndal is a co-author of Fitness Cycling and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York and completed his residency at Stanford University. Page

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Cycling Books | Dr. Shannon Sovndal
Sovndal's ties to elite-level cycling run deep: He was a team physician for the Garmin-Sharp Professional Cycling Team for seven years, has worked most every major race in Europe and the United States, and has written two books on cycling (Cycling Anatomy

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and Fitness Cycling). He founded Thrive HFM (Health–Fitness–Medicine) in 2005, an elite-level training business through which he offers personalized and interactive sports training and wellness management.

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Ebook Description: Review Cycling Anatomy answers the basic and complex questions and gives you an array of options for improving your training both on and off the bike. Connie Carpenter Phinney 1984 Olympic Champion About the

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Author Shannon Sovndal, MD, is the owner and founder of Thrive Health..
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Cycling Anatomy

For eight years, Dr. Shannon Sovndal was the team doctor for a professional cycling team, so he's familiar with fitness trackers' ability to measure users' stress loads. Now, he's an ER

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two books with Human Kinetics on cycling (Cycling Anatomy and Fitness Cycling). In 2005, he founded Thrive HFM, an elite level training business, where he offers personalized and interactive sports training and wellness management.

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