

The Competitive Edge: Mental Preparation for Distance Running (Paperback)



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Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out. (Dr. Raven Ledner)

THE COMPETITIVE EDGE: MENTAL PREPARATION FOR DISTANCE RUNNING (PAPERBACK)



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Booksurge Publishing, United States, 2008. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****.The Competitive Edge explores the psychological factors that influence a distance runner s performance. The book is intended to help competitive runners get a handle on the inner game of their sport and maximize their running potential. It covers such topics as: the challenges posed by the psychological aspects of distance racing the use of relaxation techniques to calm the body the use of mental rehearsal to visualize and prepare for races the care and feeding of a runner s emotional battery a discussion with top runners about the psychology of racing the formulation of a mental training program.



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