



Core Performance Endurance: A New Training and Nutrition Program That Revolutionizes Your Workouts

By Mark Verstegen, Pete Williams

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Core Performance Endurance: A New Training and Nutrition Program That Revolutionizes Your Workouts, Mark Verstegen, Pete Williams, Mark Verstegen, the world-renowned performance coach who was at the forefront of the core training revolution, now applies his cutting-edge training system to the special needs of the endurance athlete. Verstegen's first two books - "Core Performance" and "Core Performance Essentials" - broke new ground in fitness with their intense focus on the muscles of the core: shoulders, hips, and midsection. That focus remains the key here as he not only helps endurance athletes train more effectively, but also gives them a potent regimen of core training that will help them move more efficiently, speed recovery, and stave off overuse injuries and long-term deterioration. His plan: helps endurance athletes at all levels - from competitive swimmers and hard-driven triathletes to everyday joggers; delivers the desired combination of strength and stamina, balance and flexibility, athletic quickness and power - to which the endurance athlete strives; and, provides an endurance-oriented nutrition program complete with recommendations for pre-and post-race eating.



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Reviews

Merely no words to spell out. Sure, it is actually perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This book is really gripping and interesting. Sure, it can be enjoy, nonetheless an amazing and interesting literature. I found out this ebook from my i and dad suggested this pdf to find out.

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