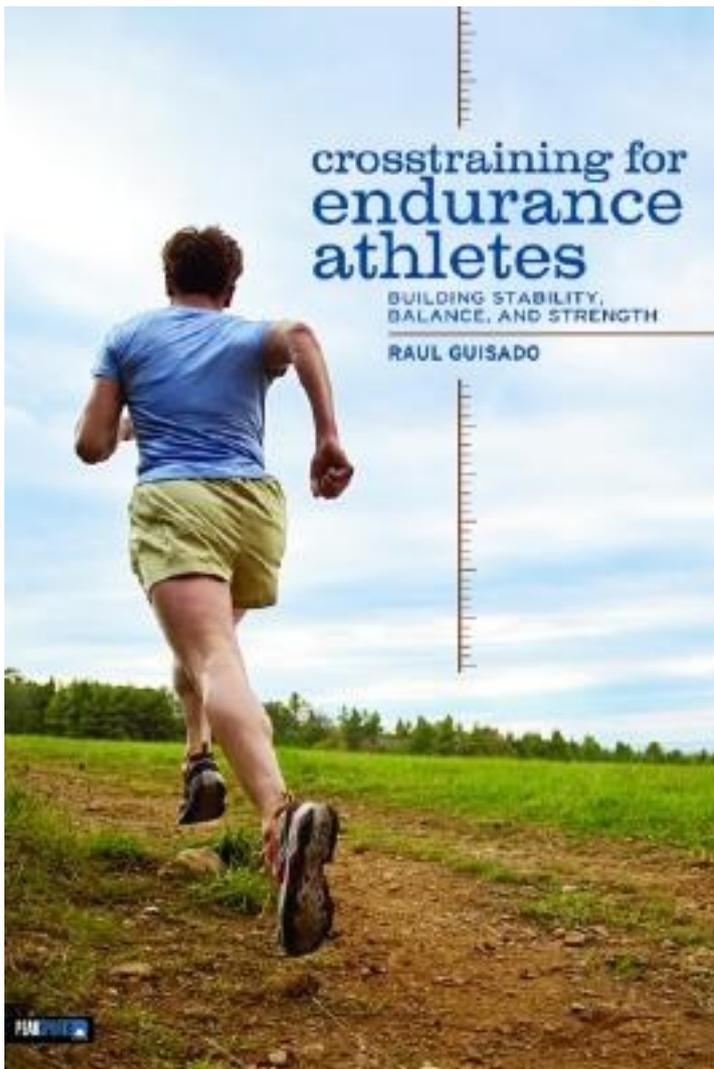


Crosstraining for Endurance Athletes



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Most endurance athletes know very little about the latest concepts in developing trunk stability, joint stability, strength, power, agility, balance, and flexibility. Covering sports such as running, road cycling, mountain biking, swimming, skiing, and triathlon, this practical guide takes a functional, integrated, and sport-specific approach to these issues in cross training. Written specifically to the unique needs of endurance athletes, the book shows readers how to prevent injury, correct muscular imbalances, and ultimately enhance performance by improving efficiency of movement and force production.

作者介绍:

目录:

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