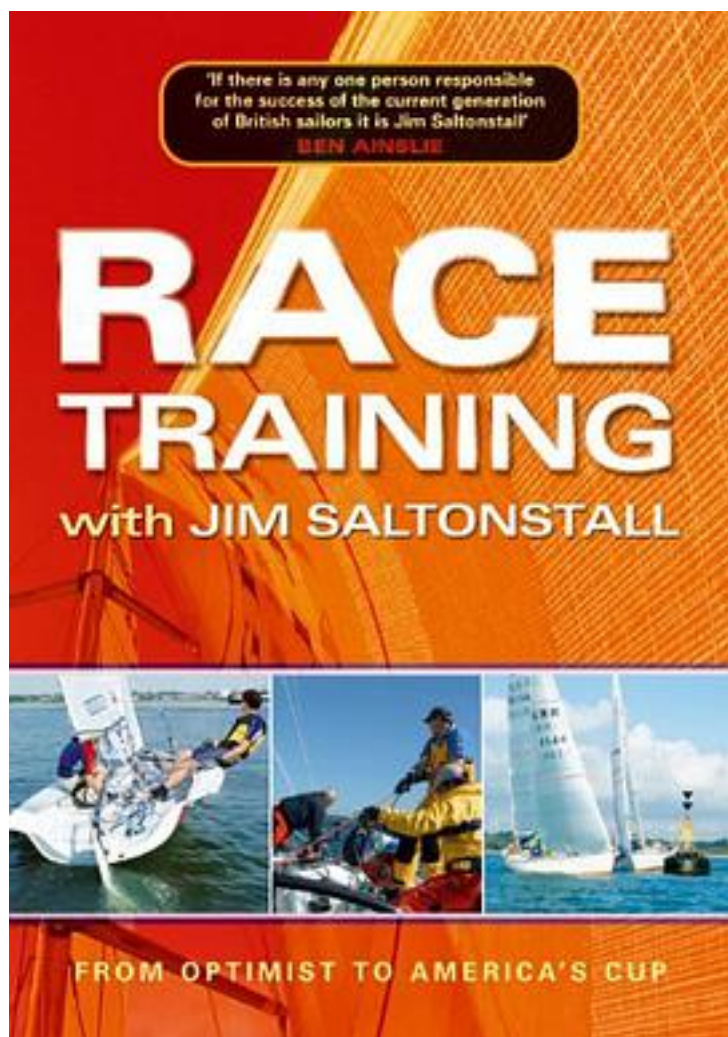


Race Training with Jim Saltonstall



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著者:Saltonstall, Jim

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Race Training with Jim Saltonstall is for all those who wish to improve their personal

performance within the most challenging sport in the world. It is aimed at racers at all levels of the sport, from club right through to international level. It aims to improve every aspect of a racer's personal performance from the most important - self-preparation - to boat preparation, boat handling, boat tuning, race strategy, starting, tactics, racing rules, compass work and meteorology. The book is aimed at all classes: dinghies, keelboats, catamarans and windsurfers as well as coaches at all levels, providing training programmes and exercises. Jim Saltonstall's method of coaching and race training is acclaimed worldwide. This book is certain to be welcomed by his devotees as well as newcomers to the sport of racing. "If there is one person responsible for the success of the current

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目录:

[Race Training with Jim Saltonstall_下载链接1](#)

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