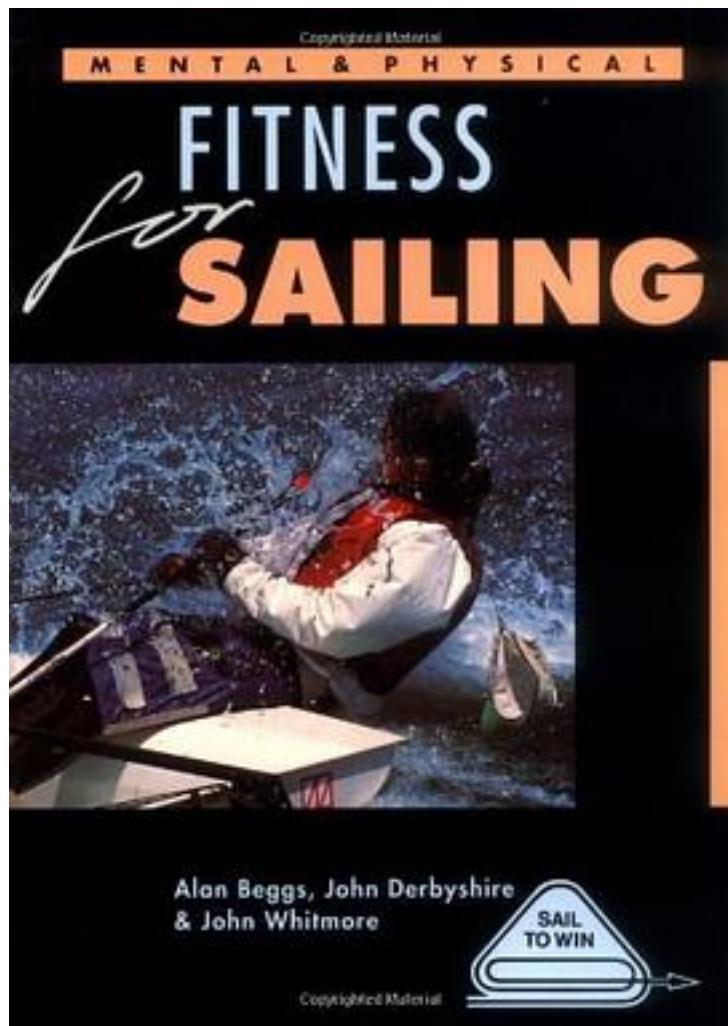


Mental and Physical Fitness for Sailing (Sail to Win)



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著者:Alan Beggs

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This book describes the psychological strategies the world class sailors use to set

goals, manage stress and build confidence. Part 3 contains photo sequences of sailing-specific exercises that can be used to build an individual training programme. Set goals for confidence building and competition. Learn effective self-talk and straight thinking. Make stress work for you, not against you. Harness the power of visualisation. Learn to stay focussed so that you can cope with distractions. Build and maintain the on-boat relationships that really work. Plan your own fitness programme. Aerobic and Anaerobic exercises. Recognise the value of rest and recovery. Learn how to train both on the water and in the gym.

作者介绍:

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