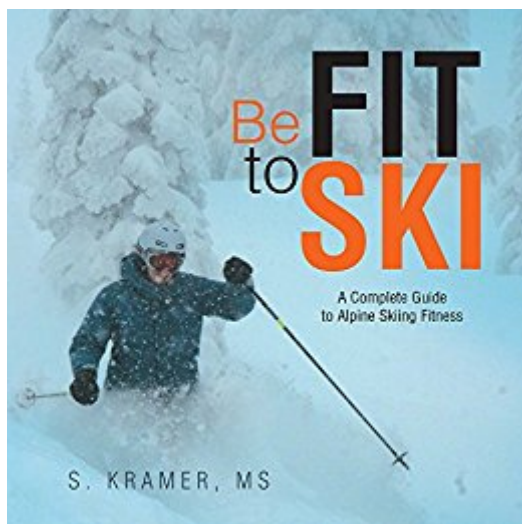


The book was found

Be Fit To Ski: The Complete Guide To Alpine Skiing Fitness



Synopsis

"Every winter, world-class racers schuss down race courses at speeds upwards of 80 mph, going all-out for 2 minutes of racing. Die-hard recreational skiers spend weekends exhausting themselves to catch that last chair-lift ride. Professional ski instructors devote their free time to honing skills in technique and tactics to meet specific national standards. Regardless of the number of days spend on snow, all participate in a sport that demands a balanced combination of peak conditioning in targeted fitness areas, called performance abilities- endurance, strength, power, speed and agility. As part of a thesis for the completion of a Masters degree in kinesiology, Be Fit to Ski incorporates over 30 years of research on alpine skiing and athletic training toward the development of a year-round fitness program. The idea of periodization, a block-training approach using microcycles and macrocycles, forms the basis of four training phases that begin in the spring and culminate with the end of the ski season. Divided into three sections, Basics of Training, Performance Abilities, and The Training Year, this book provides all the necessary answers to develop year- round fitness training for skiing that will result in quicker skill improvement and guaranteed more vertical per day."

Book Information

File Size: 4691 KB

Print Length: 246 pages

Simultaneous Device Usage: Unlimited

Publisher: Xlibris US (May 5, 2015)

Publication Date: May 5, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00X7Y00T2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #850,481 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61

inÂ Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #71 inÂ Kindle Store >

Kindle eBooks > Nonfiction > Sports > Winter Sports > Skiing #1340 inÂ Books > Sports &

Outdoors > Winter Sports

Customer Reviews

Well written book. Plenty of background info if you want to understand things more deeply. Also, a great index that can be used for quick reference to questions. m.heller

Way too complicated for me. I wanted some simple exercises to do in the gym.

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