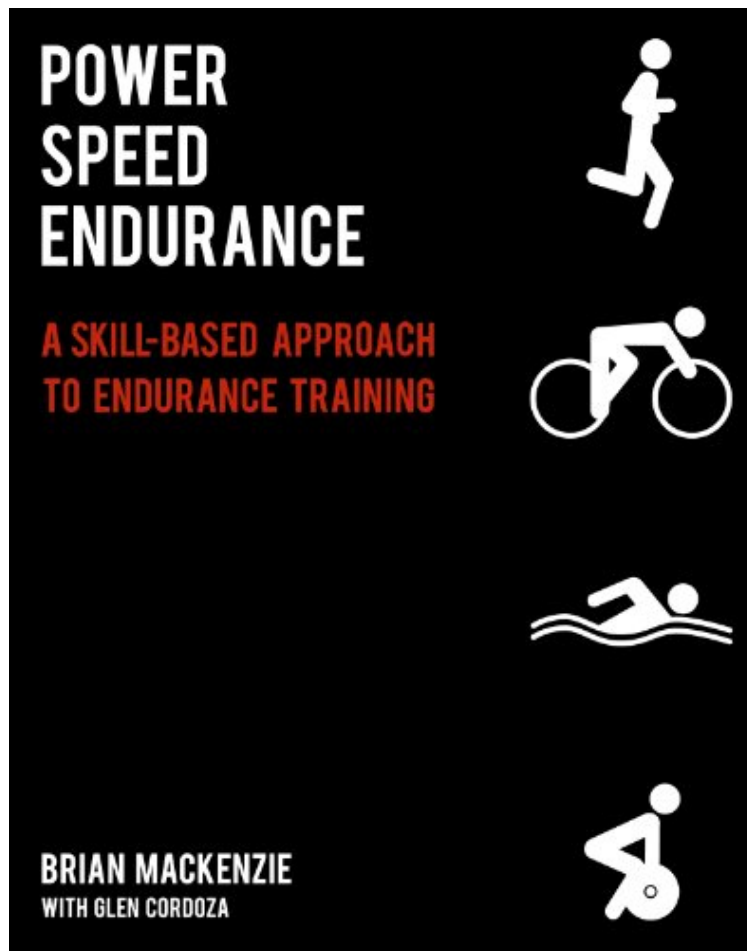


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Power Speed ENDURANCE: A Skill-Based Approach to Endurance Training (English Edition)

Von Brian MacKenzie, Glen Cordoza

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Von Brian MacKenzie, Glen Cordoza : Power Speed ENDURANCE: A Skill-Based Approach to Endurance Training (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Speed ENDURANCE: A Skill-Based Approach to Endurance Training (English Edition):

Kurzbeschreibung"Power, Speed, ENDURANCE" is a highly effective training system that has catapulted thousands of endurance athletes to the next level. Developed by CrossFit Endurance founder Brian MacKenzie and featuring

instruction from some of the world's top endurance and CrossFit coaches, "Power, Speed, ENDURANCE" unveils techniques, drills, and training strategies that will optimize your performance and overall work capacity while decreasing your susceptibility to injury. Through thousands of step-by-step color photographs and detailed narrative, "Power, Speed, ENDURANCE" breaks down proper running, cycling, and swimming mechanics like never before. MacKenzie's unique system of building strength, speed, and power is aimed at reaping continual results, without injury. In fact, he devotes an entire chapter to the "broken down" athlete, equipping you with the knowledge to prevent, repair, and treat injuries brought on by poor mechanics and tight overworked muscles. In addition, MacKenzie outlines a straightforward approach to nutrition, hydration, and electrolyte balance that will increase your energy, boost your performance, and accelerate your recovery. Whether you're a self-trained athlete looking to compete in your first endurance event, a seasoned competitor looking to reach your highest potential, or a CrossFit athlete looking to increase stamina, "Power, Speed, ENDURANCE" will help you reach your goal. In this book, you will learn how to:- develop proper running technique using the Pose Method- properly fit yourself on a bike- improve cycling mechanics on a road, time-trial, and mountain bike- swim effortlessly and improve freestyle-stroke mechanics through skill-based drills and exercises- accelerate work capacity and minimize fatigue by building muscle, speed, and power- incorporate a CrossFit Endurance strength-and-conditioning program into your training routine- maximize nutrition, hydration, and electrolyte balance to improve performance and body composition- prevent, repair, and treat nagging injuries associated with endurance sports and improve range of motion using Starrett's Movement and Mobility Method.

Pressestimmen "While writing The 4-Hour Body, I conducted thousands of tests and experiments and consulted with more than a hundred scientists, doctors, and world-class athletic coaches. It was a three-year quest to find the smallest inputs that create the largest outputs. On the endurance front, one name came up again and again: Brian MacKenzie. If you want to go from zero to marathon in 12 weeks, or perhaps run 100 miles and dead-lift two to three times your body weight without struggle, he's your secret weapon. Listen and learn." Timothy Ferriss, #1 New York Times best-selling author of The 4-Hour Body

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