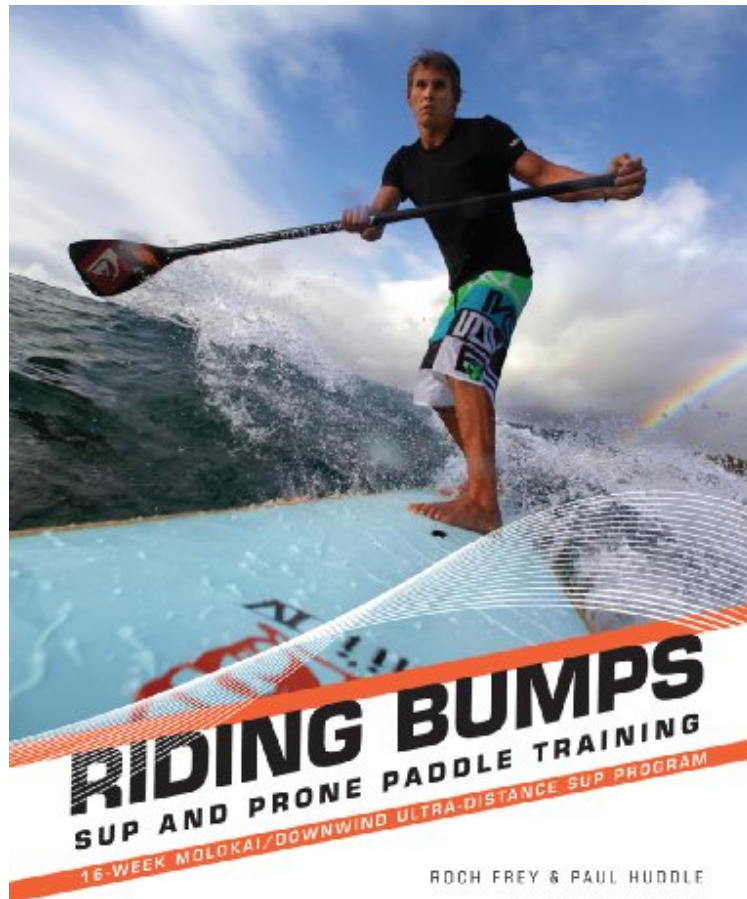


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Riding Bumps: SUP and Prone Paddle Race Training (English Edition)

Von Roch Frey, Paul Huddle

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Von Roch Frey, Paul Huddle : Riding Bumps: SUP and Prone Paddle Race Training (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Riding Bumps: SUP and Prone Paddle Race Training (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. SUPVon Gregor Ortmanngutes Buch fr SUP Training, Tip sind eher allgemein gehalten, ein konkreter Trainingsplan nur ber die Homepage, als E-Book noch einigermassen gnstig

KurzbeschreibungRiding Bumps Sup and Prone Paddle training is all about going faster and pushing the limits of your ability. With over 20 years of endurance coaching experience, Roch and Huddle discuss all of the basics you need to know to design your stand up paddle or prone paddle race training program. Topics include: heart rate based training, nutrition, periodizing your training year, interval based paddle training, and avoiding burnout. You will also learn why you need to slow down to get fast and how to accomplish your paddling goals in the least amount of time. If you are planning on doing a stand up paddle race you need this book.A complete 24-week beginner battle of the paddle training program is included in this book. You can find other training programs that use the principles we describe in this training manual at our website at www.ridingbumps.com

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